metro
NEW YORK CITY NO. 1 FREE DAILY IN THE US
Tuesday, April 18, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

MISSANDEI IS A SPEED RACER

The 'Game of Thrones' star talks 'The Fate of the Furious.' 29

How to start turning 'green.' 30-31

Rangers season hinges on slumping MSG play. 35

MAKE SOME NOISE!

Your loud neighborhood is good for your health. 6

GETTY IMAGES

Queens Library

For Job Seekers, Upskillers & Entrepreneurs

PREPARE FOR TODAY'S WORKFORCE

Visit **queenslib.org/jobstoday2017** to take your skills to the next level.

MNUCHIN WARNS OF TAX REFORM DELAY

1 U.S. Treasury Secretary Steven Mnuchin said the Trump administration's timetable for tax reform is set to falter following setbacks in negotiations with Congress over health care, the Financial Times reported. Mnuchin told the Financial Times in an interview that the target to get tax reforms through Congress and on President Donald Trump's desk before August was "highly aggressive to not realistic at this

point." "It is fair to say it is probably delayed a bit because of the healthcare," Mnuchin told the newspaper. Mnuchin also told the Financial Times he agreed with Trump's view that the dollar's strength in the short term was hurting exports, but said he saw the currency's strength over the long term as a positive. REUTERS

COURT HALTS FIRST TWO OF PLANNED EXECUTIONS

2 The Arkansas Supreme Court halted two executions hours before they were scheduled to take place on Monday, as the state battled in various courts to carry out a plan that originally called for a record eight executions over 11 days in April. In a split decision, the state's highest court halted the executions of convicted murderers Don Davis and Bruce Ward, who have spent over 20 years each on death row. Lawyers for the inmates had raised questions about their mental competency. "The Attorney General is considering options as to how to proceed," Judd Deere, a spokesman for Attorney General Leslie Rutledge, said in a statement. Arkansas had asked a U.S. appeals court earlier on Monday to allow the eight executions before the state's lethal-injection drugs expire at the end of April. REUTERS

PENCE WARNS NORTH KOREA OF US RESOLVE

3 Vice President Mike Pence put North Korea on notice on Monday, warning that recent U.S. military strikes in Syria and Afghanistan showed the resolve of President Donald Trump should not be tested. Pence and South Korean acting president Hwang Kyo-ahn, speaking after a failed missile test by North Korea and a huge display of missiles in Pyongyang, said they would

move ahead with the early deployment to South Korea of the U.S. THAAD missile-defense system. Pence was on the first stop of a four-nation Asia tour intended to show that the Trump administration is not turning its back on the increasingly volatile region. REUTERS

5 THINGS YOU NEED TO KNOW

TRUMP & CRAFTS

4 President Donald Trump joins children at a craft table during the 139th Easter Egg Roll on the South Lawn of the White House on Monday in Washington. GETTY IMAGES

IRAQI VP: ISIS SEEKING ALLIANCE WITH AL QAEDA

5 Islamic State is talking to al Qaeda about a possible alliance as Iraqi troops close in on ISIS fighters in Mosul, Iraqi Vice President Ayad Allawi said in an interview. Allawi said he got the information on Monday from Iraqi and regional contacts knowledgeable about Iraq. "The discussion has started now," Allawi said. "There are discussions and dialogue between messengers representing Baghdadi and representing Zawahiri," referring to Islamic State leader Abu Bakr al Baghdadi and Ayman al Zawahiri, the head of al Qaeda. Islamic State split from al Qaeda in 2014 and the two groups have since waged an acrimonious battle for recruits, funding and the mantle of global jihad. Zawahiri has publicly criticized Islamic State for its brutal methods, which have included beheadings, drownings and immolation. REUTERS

WELCOME TO METRO.US!

KIMBERLY M. AQUILINA, WEB REPORTER

While you're trying on a party dress or checking out your bum in those skinny jeans, could someone else be watching you get undressed? Police issued a warning about a hook that looks like any other clothing hook, something you'd expect in a changing room — but inside this hook lies a hidden camera. **metro.us/news.**

PLAY TO WIN

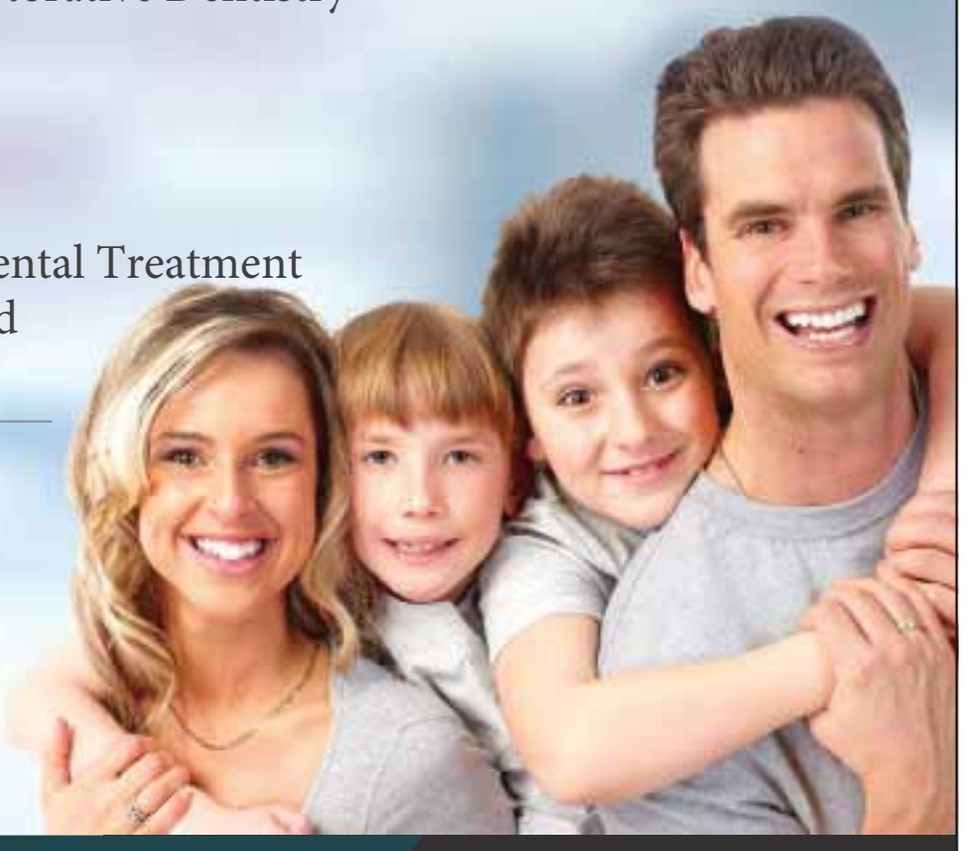
$100!

Every Monday, we pick a random winner from the participants who answered correctly one of the quizzes from the previous week.

metro.us/quiz

MANHATTAN DENTAL ARTS

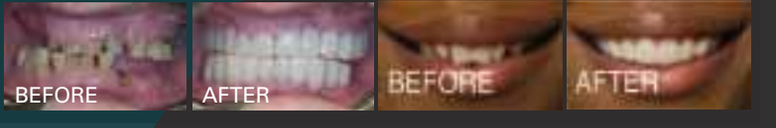
- General, Cosmetic & Restorative Dentistry
- Implants
- Invisalign
- Crowns & Veneers
- Teeth Whitening
- Emergency Same Day Dental Treatment
- Most Insurance Accepted



CALL NOW FOR
SPECIAL RATES

Cosmetic, General & Restorative Dentistry | Invisalign Preferred Provider - Free Consultation | Implants | Root Canals | Periodontal Treatment | Crowns & Veneers | Teeth Whitening | Emergency Same-Day Dental Treatment

Home of the Inventor of the Snap-On Smile
Snap-On Smile is excellent for:
- Missing teeth, gaps, crooked or stained teeth
- Most comfortable, removable dental appliance



Zoom Winter Whitening Special
$295
Expires 5/31/17

NEW PATIENT OFFER
Exam, Cleaning, and X-rays
$99
Expires 5/31/17

Implant Special
Dental Implant, Abutment and Custom Crown Included
$1,995
Expires 5/31/17

1995 Broadway, (Between 67th and 68th) Suite 200 New York, NY 10023

ManhattanDentalArts.net

212-95-SMILE (76453)

Must mention this Ad to receive offer. May not be combined with any other offer, discount, insurance, or reduced-fee program. New Patient offer includes comprehensive exam, all necessary x-rays as determined by provider and basic routine cleaning. Not all patients qualify for basic routine cleaning; in the event gum disease is diagnosed, additional procedures and cost may apply. Whitening treatment offered at discretion of clinical provider. Additional treatment may be required prior to whitening. Implant treatment needs vary by patient; restrictions may apply.

Pierre Francillion, the alphabet series curator, stands in front of his portrait by famed street artist Fumero in Brooklyn. AMANDA MIKELBERG

Mural by artist Fumero on Flatbush Avenue and Hawthorne Street LUC KORAS

The letter "H" gets sketched out at Hawthorne Hardware. (Inset) The letter "A" is the first of the alphabet series, and can be spotted at Parkside and Flatbush avenues. LUC KORAS

Street artist makes streets smart

Pierre Francillon is introducing educational graffiti to the borough.

AMANDA MIKELBERG
@MetroNewYork
amanda.mikelberg@metro.us

Pierre Francillon is going to spell it out for you: Art feeds young minds.

Francillon has a dream to fill the exterior walls of Prospect Park Lefferts Gardens with building-sized flashcards to catch the eyes of the area's fastest-growing population: kids under 10. With the help of a team of artists, he hopes to have all 26 letters of the alphabet linked to a landmark or idea associated with the surroundings, glinting in the sunlight by midsummer.

It's educational graffiti, he says, although he's looking for another name for the concept. The working name of the project is "PLG-ABC."

When Francillon was growing up in Brooklyn, the schools in Prospect Park Lefferts Gardens were among the best in the state. It was the 1970s, Jimmy Carter was president and making extraordinary efforts for education, and the urban and street art culture was emerging.

> *"Their world outside school shouldn't be hostile to their learning."*
> Pierre Francillon

"There were these hippie go-go chicks that had an art program after school. I had art taught by school, and art taught by the artists in the neighborhood. We had that sense of community in art," he said.

Everything changed after the blackout of 1977, Francillon asserted, when a pattern of white flight began. Influencers moved out, schools declined due to cuts in funding under the Ronald Reagan administration, and a community nurturing self-expression in kids disintegrated.

At age 51, his mission now is to "make kids look up," and for the world around them to provide support for their developing intellects.

"They're hungry for it," Francillon said. "Their world outside school shouldn't be hostile to their learning."

Each letter will relate to things in the child's immediate surroundings. "R" is for Rogers Avenue and the rose garden at the intersection of Rogers and Lefferts Avenue. "H" is for the hardware store on Hawthorne Street and Flatbush Avenue. Each mural will also include a map of the neighborhood showing where each letter can be found.

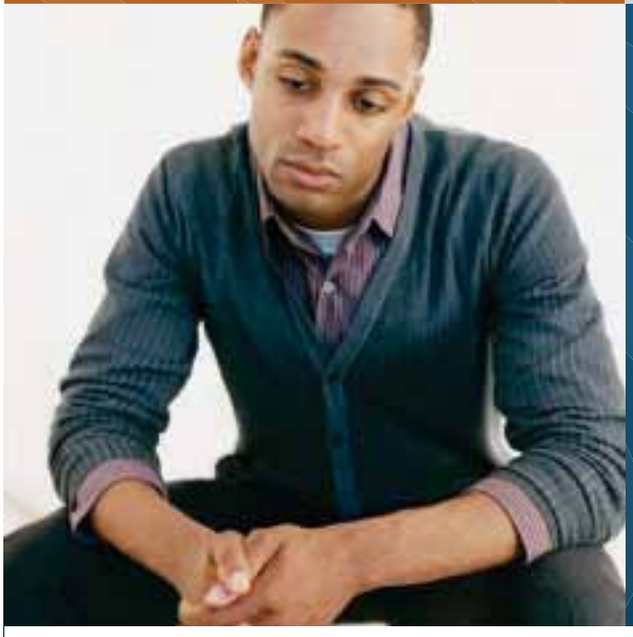
He's paying for the materials himself, but money is already being offered to him.

Francillion announced his project via the Prospect Park Lefferts Gardens Neighbors Facebook page on April 5, and the support was overwhelming. Neighbors immediately began suggesting barren walls to fill, and volunteers came out of the woodwork. A group of mothers told them they've already collected money for him.

"We spotted it this morning. My daughter loved it! Looking forward to the rest," resident Tracy Vitulli commented on a Facebook post about the letter "A."

Still feeling symptoms of Depression *after* having taken a prescription Antidepressant?

If so, participating in our ***medical research study*** of an ***investigational drug*** may be an option for you.



To participate in this research study, you must:

- be experiencing a depressive episode of at least 8 weeks but less than 2 years in length
- be at least 18 years of age
- have had inadequate relief from 1or 2 antidepressants

There is no charge to participate in our study, and compensation fort ime and travel may be available.

For more information, please contact:

FCR

FIEVECLINICAL RESEARCH

212-772-3570

122 East 42nd Street, Suite 2820 - New York, NY 10168

NYC's noisiest neighborhoods are actually healthiest, study says

Noisy areas tend to be "highly walkable" and therefore encourage residents to get up and move about, according to researchers.

ERIN TIERNAN
@ErinTiernan
erin.tiernan@metro.us

Quit complaining about noise pollution in the city; new research shows residents of some of New York City's noisiest neighborhoods are actually the healthiest.

But is it actually the noise that's making residents healthier? Researchers aren't so sure about that, but the study from NYU Langone Medical Center definitively shows evidence those residents in city neighborhoods with more noise complaints have (on average) a lower body mass index and lower blood pressure.

"Noise in various New York City neighborhoods were associated with reductions in BMI and reductions in blood pressure – meaning that noise sometimes is good for you," Dustin Duncan, assistant professor of population health, said in a news release.

Noise pollution — outdoor noise caused mostly by trains, planes and automobiles — can be augmented on city streets by construction activities, music, machines and other humans. Though noise pollution has been linked to hypertension, high stress levels, tinnitus, hearing loss, sleep disturbances and other harmful effects, the results of the NYU study said something else.

University researchers compared noise complaints filed in 2014 via New York's 311 phone system against the body mass index and blood pressure of 102 residents in the city's noisiest neighborhoods. The participants surveyed were all part of a larger study of low-income housing, neighborhoods and health in New York.

Researchers are finding more noise correlates with better health among low-income residents in New York City. WIKIMEDIA COMMONS

The data showed low-income residents living within a five-block radius where more than 1,000 noise complaints were lodged had an average BMI 2.72 points lower than residents in neighborhoods without any noise complaints. The average blood pressure of survey participants was 5.34 points lower than noiseless neighborhoods, according to Science Daily.

The noise might only be an indicator of other neighborhood factors that are actually contributing to improved health, Duncan said.

"We essentially think it's not noise necessarily, we think it has to do with walkability," he said. "Many neighborhoods in New York City that are noisy, such as Times Square, tend to be neighborhoods that are highly walkable."

Things like intersections and storefronts can contribute to environmental noise, but actually also encourage people to get up and walk, he said.

"So we don't think it's actually noise that we're finding this effect from, it's really walkability," Duncan said.

Researchers plan to study the connection between health and noise in more detail.

Great Rate *and* a Bonus on Each 1-Year Anniversary -- with Your Choice of *Passbook* or *Statement* Savings!

BONUS Savings Account
0.75% APY*
$2,500 minimum to earn stated rate

PLUS

BONUS**
0.25%
On each 1-year anniversary of account opening

Visit one of our conveniently located branches today!

Apple Bank
Established 1863 · Member FDIC

www.applebank.com • 914-902-2775

*For the Apple Bank BONUS Savings account, interest earned on daily balances of $2,500 or more at these tiers: $2,500-$24,999: .75% Annual Percentage Yield (APY), $25,000 and up: .75% APY. There is no interest paid on balances of $0-$2,499. APYs disclosed effective as of March 7, 2017. APYs may be changed at any time at the Bank's discretion. There is a minimum of $2,500 required to open the Apple Bank BONUS Savings account. $2,500 minimum daily balance is required to avoid $10 monthly maintenance fee. Fees may reduce earnings. Funds used to open this account cannot be from an existing Apple Bank account. Maximum deposit amount is $3,000,000 per household. **Special bonus feature: A .25% simple interest rate bonus will be paid on each anniversary date of account opening on the lowest balance for that year (anniversary date to anniversary date). No bonus is paid if the account balance is less than $2,500 on the anniversary date. Additional deposits during a given anniversary period do not affect the bonus interest payment. Deposits made to the account on any anniversary date will be used to calculate the lowest account balance for the next anniversary period. The bonus interest is calculated on the lowest balance on deposit from one anniversary date to the next anniversary date. Simple interest rate bonus is subject to change at any time after first anniversary date of account opening. **Hypothetical example of how bonus works:** Assume an account is opened on January 12, 2017 for $50,000. A $10,000 withdrawal is made on July 12, 2017. No other withdrawals are made prior to the January 12, 2018 anniversary date. The low balance is now $40,000, so $100 in bonus interest will be paid on January 12, 2018.

Earth Day New York 2017

Tuesday, April 18, 2017 12-7 pm

Union Square (North Plaza)

- **Bring your utility bill to our booth at E. 17th and Park Ave. to sign up for clean energy in just minutes and get a $25 Visa Gift Card after your first bill!**
- Environmental campaigns
- Live music and entertainment
- Kids' activities and entertainers
- Green vehicles
- Local businesses with green initiatives
- Bring your used clothing, textiles, and electronics for free recycling by our partners, re-fashioNYC and e-cycleNYC!

Stage Schedule

12:00PM	Newcomers Club	3:45PM	K Sloan
1:00PM	Press Conference	4:30PM	Lovehoney
3:00PM	Tamar Eisenman	5:15PM	Elsie & The Vibe
		6:00PM	Sinclair

Participate in our Earth Day 5K Green Tour on social media by following #earthday5k on April 21! Special thanks to Official Partner, Cantor Fitzgerald.

CANTOR Fitzgerald

Union Square Exhibitors

511 NY Rideshare	511nyrideshare.org
Alison Milonakis	artbyalison.com
Ample Hills	amplehills.com
Bareburger	bareburger.com
Bausch + Lomb	bauschrecycles.com
Best Friends Animal Society	bestfriendsny.org
BIO BUS	biobus.org
Blue Planet Consulting	blueplanet.consulting
Botanics Skincare	facebook.com/BotanicsUSA/
Boxed Water	boxedwaterisbetter.com
Brami	bramibeans.com
Brooklyn SolarWorks	brooklynsolarworks.com
Cabot Creamery	cabotcheese.coop
Car Free Day	carfreeday.nyc
Catskill Animal Sanctuary	casanctuary.org
Center for Biological Diversity	biologicaldiversity.org
Climate Science Legal Defense Fund	climatesciencedefensefund.org
Commuter Benefit Solutions	commuterbenefits.com
Consolidated Edison	coned.com
Dopper	dopper.com
DSNY NYC Department of Sanitation	nyc.gov/recycles
Earth Day Initiative	earthdayinitiave.org
ÉCLAIR NATURALS	eclairnaturals.com
EcoTools	ecotools.com
Enterprise	enterprise.com
EPA	epa.gov
Food and Water Watch	foodandwaterwatch.org
Friends of Animals	friendsofanimals.org
Fuel Cell and Hydrogen Energy Association	fchea.org
Green Mountain Energy	greenmountainenergy.com
Health-Ade	health-ade.com
Honest Tea	honesttea.com
HoneybeeLives	honeybeelives.org
Hotel Association of NYC	committeeshanyc.org/sustainable-hospitality/
iHeartMedia	iheartmedia.com
kargoe	kargoe.com
Live More Adventures	livemoreadventures.com
Lower Eastside Ecology Center	lesecologycenter.org
March For Science NYC	marchforscience.nyc
Marina's Fun Faces	facebook.com/MarinafacepaintingNYC
Mazda	mazdausa.com
Metro	metro.us/newyork
MetroPlus Health Plan	metroplus.org
Michael Albert - Cerealism	michaelalbert.com
Natural Gourmet Institute	naturalgourmetinstitute.com
NY Skies Astronomy	nyskies.org
NYC DEP	nyc.gov/dep
NYC Friends of Clearwater	nycfriendsofclearwater.org
NYC Parks	nyc.gov/wildlife
NYS Public Service Commission	AskPSC.com
People's Climate Mobilization	newyork.peoplesclimate.org
people's pops	peoplespops.com
Sahaja Yoga Meditation	nymeditation.org
Sane Energy Project	saneenergyproject.org
Surya Brasil	suryabrasilproducts.com
The Planetary Society	planetary.org
The Trust for Public Land	tpl.org
Toyota	toyota.com
Tri State Biodiesel	tristatebiodiesel.com
United for Action	unitedforaction.org
UWVC Recycling	uwvcrecycling.org
Verday Chlorophyll Water	drinkverday.com

EARTH DAY INITIATIVE · TOYOTA Let's Go Places · ONE to ONE · conEdison · enterprise · iHeart MEDIA · metro · Honest tea · FCHEA · abc7 · WNYC · CHIPOTLE · Eva Longoria · 1 HOTEL · SUBWAY · ECO BAGS · This event is powered by fossil fuel-free energy. · TSB

TO GET INVOLVED countto50.org • info@earthdayny.org • earthdayinitiative

Free lunch for all, New York City borough presidents insist

The argument for expansion to every city public school student is to end the stigma attached to the current program.

AMANDA MIKELBERG
@MetroNewYork
amanda.mikelberg@metro.us

There could be such a thing as a free lunch — in New York City schools.

In a letter to Mayor Bill de Blasio, all five borough presidents asked that money be put aside to expand the city's free lunch program to all public school students and not just those eligible on the basis of family income.

The argument for expansion is to improve participation in free lunch consumption.

The borough presidents noted a phenomenon in which qualifying kids don't take the lunch they are entitled to, and often go hungry because they don't want to reveal to their peers that they are poor.

"Students would, over time, feel less stigmatized by universal free lunch and would be able to study without hunger. Families would feel an immediate impact by not having to pay for lunch, or worry whether their child was receiving the proper nutrition they need," the letter said.

Staten Island's Jimmy Oddo, Brooklyn's Eric Adams, Manhattan's Gale Brewer, Queens' Melinda Katz and the Bronx's Ruben Diaz Jr. asked that for the expansion, $9 million be added to the $11.25 million being spent on a middle school pilot.

NYC borough presidents push for universal free lunch.
U.S. DEPARTMENT OF AGRICULTURE/FLICKR

In the 2015-16 school year, more than three quarters of students qualified for free or reduced lunches.

Approximately one third of eligible students do not partake, particularly as they get older, according to the Lunch 4 Learning program. Even in the poorest schools, the stigma of poverty, the possibility of bullying and being isolated in the lunch room are deterrents for eligible kids. Experts are adamant that proper nutrition is necessary for learning and concentration.

While the mayor's office said it is reviewing the possibility of universal free lunch, some officials point to the tepid outcome of a pilot program of free lunch in city middle schools.

"Universal free lunch was expanded and is now offered to over 350,000 students citywide. We are reviewing the possibility of expanding it to even more schools and are doing our due diligence to make sure resources are used wisely," a representative for de Blasio told the Daily News.

TIPPING

TLC moves toward requiring tip option for Uber

Uber drivers in New York City might soon gain what cabbies have felt entitled to receive for decades: tips.

The city's Taxi and Limousine Commission announced Monday a proposal that would require car services that accept only credit card payments to allow drivers to accept tips, local news media reported.

"This rule proposal will be an important first step to improve earning potential in the for-hire vehicle industry, but it is just one piece of a more comprehensive effort to improve the economic well-being of drivers," Meera Joshi, the city's taxi commissioner, said in a statement to The New York Times.

The proposal is a response to a petition from the Independent Drivers Guild, a union-like organization that represents Uber drivers. The petition contained more than 11,000 signatures.

Lyft, Uber's primary ride-sharing competitor, already provides the tip option to its passengers.

If adopted, the proposed rule wouldn't take effect until late summer. GARY KANE

QUALITY DENTURES
THE SAME DAY
NY's Place for same day dentures for over 40 years.
Smile with Confidence

$100 off each NEW denture! EXP: 4/30/17
NEW PATIENT PACKAGE
MAINTENANCE
CLEANING
DIGITAL X-RAYS
$89
With This ad only. One per patient.
First visit only. Coupon expires 4/30/17
NEW PATIENTS Only
ONE
DENTURE
RELINE
$194
With This ad only. One per patient.
First visit only. Coupon expires 4/30/17
FREE CONSULTATION
DENTURE REPAIRS AND RELINES WHILE-U-WAIT!
MOST INSURANCE PLANS WELCOME
SENIOR Cit. Discounts on new dentures and crowns
Full Service State of-the Art Cosmetic Dentistry
224 West 35th St., New York, NY 16th Floor (between 7th and 8th Avenues)
HERALD SQUARE DENTAL & THE DENTURE CENTER EST. 1977
Call Now!
212-689-0024
www.denturecenter.com
Cannot be combined with other offers

THE DAY IS COMING WHEN NOBODY WILL NEED TO ATTEND OUR CANCER LECTURES.
SKIN CANCER PROTECTION AND TREATMENT. A LECTURE PRESENTED BY PERLMUTTER CANCER CENTER.
Learn about the latest in skin cancer detection and treatment, the steps you can take to reduce your risk, surgical management of melanoma, and the current trends in melanoma treatment. A survivor will share a personal story.
Date: Tuesday, April 25, 10:00 am–12:00 pm.
Presenters: Russell Berman, MD; Elizabeth Hale, MD; Anna Pavlick, DO; Deborah Koeppel, LCSW-R.
Location: NYU Langone Medical Center.
550 First Avenue at 31st Street, Farkas Auditorium.
RSVP: This lecture is free and open to the public. To attend, call 212.263.2266 or visit nyulangone.org/cancerrsvp.
View past lectures at youtube.com/nyulmc.
PERLMUTTER CANCER CENTER
WE CAN CURE CANCER. IN OUR LIFETIME.
NYU Langone MEDICAL CENTER

New York lawmen alerted to possible appearance of Facebook shooter

Cleveland police are searching for a gunman who posted a video of himself killing an elderly man

Steve W. Stephens. ALL IMAGES COURTESY FBI

Law-enforcement officials in New York are on the lookout for a murder suspect who police said posted a video of himself on Facebook shooting an elderly man in Cleveland.

The search for the suspect, Steve Stephens, widened Monday as authorities asked the public for help and pleaded with him to turn himself in.

Police said they have searched "dozens of locations" for Stephens and tried to persuade him to turn himself in when they spoke with him on his cellphone Sunday after the shooting. But Stephens remains at large as the hunt for him expands in Ohio and neighboring states.

"Obviously, this individual is armed and dangerous, and quite frankly at this point he could be in a lot of places," FBI Special Agent in Charge Stephen Anthony said during a news conference in Cleveland.

Police said Stephens used Facebook to post video of him killing 74-year-old Robert Godwin Sr. Stephens is not believed to have known Godwin, a retired foundry worker who media reports said spent Easter Sunday morning with his son and daughter-in-law before he was killed.

Godwin was the father of nine children and grandfather of 14, his son, Robert Godwin Jr. told the Cleveland Plain Dealer.

"I haven't watched the video. I haven't even looked at my cellphone or the news," Godwin Jr. told the newspaper. "I don't really want to see it."

Stephens, who has no prior criminal record, is not suspected in any other murders, despite a claim he made in the video of having killed more than a dozen other people, police said.

"We're asking the public to remain vigilant," Cleveland Police Chief Calvin Williams said. "We're asking you to go about your day, but be careful."

The last confirmed sighting of Stephens was at the scene of the shooting. Police said he might be driving a white or cream-colored Ford Fusion, and asked anyone who spots him or his car to call police or a special FBI hot line (800-CALLFBI).

Stephens had worked since 2008 as a vocational specialist and youth mentor at Beech Brook, a behavioral-health agency in a Cleveland suburb.

Late Sunday night Cleveland police issued an aggravated-murder warrant for Stephens and warned he could have crossed into Pennsylvania, New York, Indiana or Michigan.

REUTERS

Stephens' vehicle.

Are your child's immunizations up to date?
Call your Child's Doctor Today!

FIDELIS CARE®

Fidelis Care is working to keep our members and the community healthy.

Measles and chickenpox are just two of the diseases that you can prevent by having your child immunized.

Children under the age of 2 don't have all the defenses they need to fight infection. Immunizations (shots) protect them from dangerous childhood diseases like:

- Whooping Cough
- Hepatitis
- Rotavirus
- Mumps
- Diphtheria
- Flu
- Polio
- Measles
- Chickenpox
- Tetanus

and more...

Child Health Plus
New York State's Health Plan for Kids

Is Your Child Covered? Fidelis Care offers New York State-sponsored free or low-cost health insurance coverage for children under 19 through the Child Health Plus program.

To learn more about applying for health insurance including Child Health Plus and Medicaid through NY State of Health, the Official Health Plan Marketplace, visit www.nystateofhealth.ny.gov or call 1-855-355-5777.

1-888-FIDELIS • fideliscare.org
(1-888-343-3547) TTY: 1-800-421-1220

@fideliscare

Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

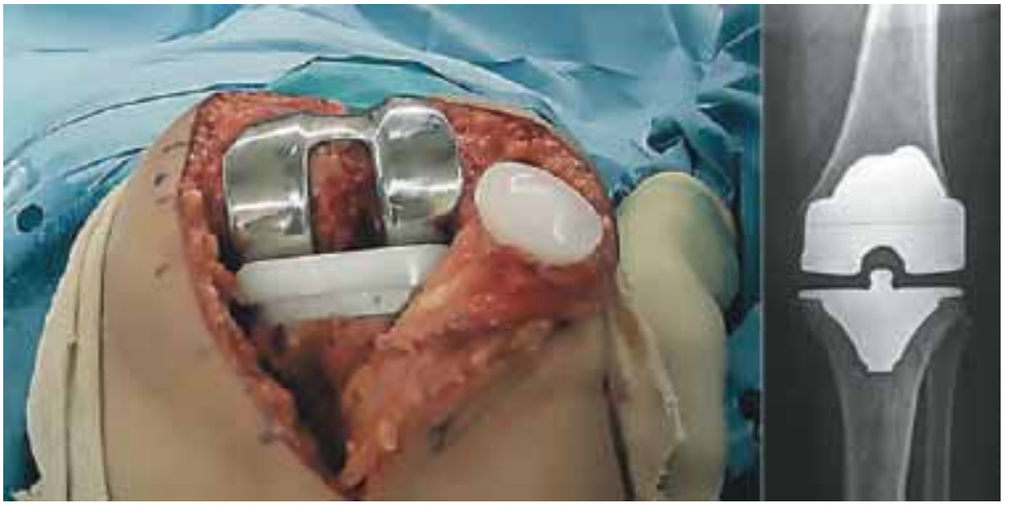
"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplecosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.



"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."

Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Normal Pain-Free Knee Joint

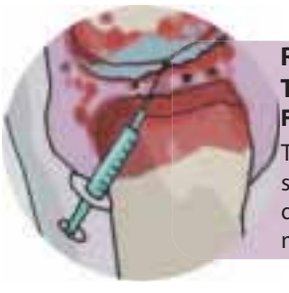
Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.

Knee With Painful Arthritis

Pain -

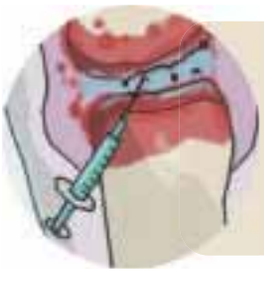
Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs,swelling and a lot of pain.



Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Succesful Treatment -

Sucessful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to ***NY Pain MD*** New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without technology can miss the joint up to 30% of the time."* noted the Director of Center

NY Pain MD is a state of the art medical facility offering only the best technology.

Advanced Medical Technology Can Make All The Difference: **This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. *NY Pain MD* uses this P.A.T. Imaging Technology. with each and every treatment.**

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can HelpYou?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

Many Insurance Plans Participate*:*

Most Out-Of-Network Insurance Plans

United Healthcare In & Out Of Network (except the Community Plan) Traditional Medicare • AARP Medicare Most Union Plans • Transit Worker Plans

Work Related Injuries/Work Comp

Auto Accident plans

Out of newtork:

Aetna • Cigna • Empire • Oxford • Ghi • 1199 Blue Cross Blue Shield & others

**EZ payment plans and financing also available*

All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

Call: 800 885 KNEE (5633)

Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

NYC PAIN MD

800-885-KNEE (5633)

Dedication ceremony for new ferry

A new NYC Ferry boat arrives at Brooklyn Bridge Park for a dedication ceremony on Monday in New York City. The new citywide NYC Ferry service will start on May 1 with the Rockaway route and the existing East River route. GETTY IMAGES

Black Hawk Army helicopter crash in Maryland leaves one dead, two injured

A Black Hawk U.S. Army helicopter crashed on a Maryland golf course on Monday, killing one crewmember and seriously injuring two others, the military said.

The UH-60 Black Hawk from Fort Belvoir, Virginia, made a "hard landing" shortly before 2 p.m. EDT near Leonardtown, Maryland, about 35 miles southeast of Washington, base spokeswoman Jennifer Brande said.

One of those injured was in critical condition and the other in serious condition at the University of Maryland's R. Adams Cowley Shock Trauma Center, the Army said in a statement.

The Army did not release the names of the crewmembers.

The helicopter were conducting a routine training flight, the Army said. The cause of the crash is under investigation, which will be led by Army officials from Fort Rucker, Alabama.

The helicopter went down at the Breton Bay Golf and Country Club, according to a club secretary.

Witness Elizabeth Willing told local news outlet Thebaynet.com that she and a friend were kayaking in Breton Bay when they saw three helicopters, with one lagging behind.

"It started spinning. At first we thought it was doing tricks," she said.

Her friend, Kat McCurdy, said: "It disappeared behind the tree line, and then we heard a big bang."

A photo posted by the news website showed emergency personnel and vehicles gathered around twisted wreckage, with debris scattered on the grass.

REUTERS

"It started spinning. At first we thought it was doing tricks."

Elizabeth Willing

UH-60 Sikorsky Black Hawk

The U.S. chopper serves as an infantry squad transport helicopter but can be adapted for other roles.

Length	64 feet 10 inches
Height	16 feet 10 inches
Max speed	173 mph
Range	363 miles
Ceiling	19,000 feet

Named after the Native American war leader Black Hawk, the UH-60A entered service with the U.S. Army in 1979, to replace the Bell UH-1 Iroquois as the Army's tactical transport helicopter. This was followed by the fielding of electronic warfare and special operations variants of the Black Hawk. Improved UH-60L and UH-60M utility variants have also been developed

GRAPHIC BY BILLY BECERRA, METRO

Have you been diagnosed with Fibroids?

- ☑ Heavy Bleeding
- ☑ Bloating Protruding Belly
- ☑ Reproductive Dysfunction
- ☑ Depression
- ☑ Frequent Urination
- ☑ Constipation
- ☑ Pelvic Pain

Uterine Fibroid Embolization (UFE)

is the latest state of the art treatment at USA Fibroid Centers.
The treatment is a minimally invasive non-surgical procedure with a short recovery and no hospitalization.

Most insurance plans accepted, including Health First

Don't wait! Call now to schedule your appointment!

(718) 504-6414

USA FIBROID™ CENTERS

www.USAFibroidCenters.com

MANHATTAN
122 Fulton Street, 5th Floor
Manhattan, NY 10038

1264 St. Nicholas
Washington Heights, NY 10026

BROOKLYN
2444 86th street, Suite A
Brooklyn, NY 11214

QUEENS
116-02 Queens Blvd
Forest Hills , NY 11375

30-30 Steinway
Astoria, NY 11103

LONG ISLAND
260 W Sunrise Highway,
Suite 102
Valley Stream, NY 11581

BRONX
5221 Broadway
Bronx, NY 10463

© January, 2017 USA Vascular Centers®. All rights reserved.

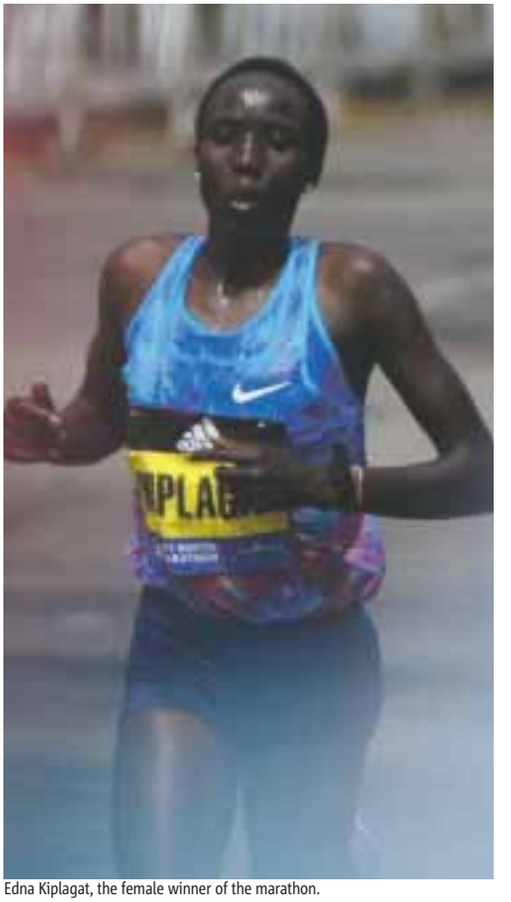
121st Boston Marathon

Runners on Beacon Street ALL IMAGES DEREK KOUYOUMJIAN

Marie Bordeau-Ninkov of Brighton is running with Onni Peck.

Tali Lissal, 10

Runners on Beacon Street.



Edna Kiplagat, the female winner of the marathon.

ARTHRITIS PAIN?

We offer GEL and PRP injections utilizing ultrasound guidance

Do you suffer from joint pain or sports injuries in the following areas?

- Neck
- Back
- Hand
- Elbow
- Shoulder
- Hip
- Knee
- Ankle
- Foot

- Specializing in all Sports Injuries, Orthopaedic, Pain Management & Rehabilitation issues
- Board Certified & Fellowship trained Physicians
- Medicare & Most Insurances Accepted
- Same Day Appointments Available

Manhattan
5 Columbus Circle, 10th Fl
New York, NY 10019
1 A B C D

Riverside Orthopaedic and Sports Medicine

Queens
31-11 31st Avenue
Astoria, NY 11106
N W

(212)265-2828
www.riversideorthopaedics.com
Online appointments available on our website!

CALL US TODAY!
212-532-2000
www.DentistsOnMadison.com

New Patient Special
Dental Cleaning, Exam, and X-Rays Only **$99**
(Original Price $250)

- Essix Trays
- Clear Trays
- Fastbraces
- Veneers
- Implants
- Clear Braces

Perfect Your Smile!
invisalign PROVIDER
Essix®

Professional Whitening
$199
(reg. value $400)

$2000 OFF
Dental Implant
Originally **$3799** -
You Pay Just **$1799**
(Limited to one tooth, start to finish)

DENTISTS on Madison

175 Madison Avenue
(btw 33rd and 34th Street)
New York, NY 10016
212-532-2000

FREE Consultation

SPRING SPECIAL

$595* Implant

*Must be completed at our office to qualify for promotional fees

Complete tooth replacement with post and crown

$1295*

OFFER EXPIRES
04/29/2017

*All work must be completed at Elite Dental Implants to qualify for promotional fee of $1295 for Complete Tooth Replacement. Limit 3 implants per patient. Full payment due upon commencement of treatment.

Elite Dental Implants

ELITE DENTAL IMPLANTS

New Queens Location
30-80 21st Street Suite C1, 2nd Floor, Astoria, NY 11102

Manhattan Location
50 Broadway Suite 2001
New York, NY 10004

3 Convenient Locations

Speak with your Smile Today!

Long Island Location
601 Franklin Ave Suite 100
Garden City, NY 11530

FREE CONSULTATION

REPLACE MISSING TEETH PERMANENTLY

Must bring this ad on your first visit.

646-791-8075

EliteDentalImplants.com

CALL **Se Habla Español** Mention you saw us in Metro Newspaper **TODAY!**

BUSINESS

Fed's Fischer sees no repeat of 'taper tantrum' this time around

The muted market reaction to recent hints from the U.S. central bank that reductions to its $4.5 trillion balance sheet could begin later this year suggests the policy shift may go smoothly after all, Federal Reserve Vice Chair Stanley Fischer said on Monday.

Fed policymakers want to avoid the sharp bond market sell-off that followed the last time the central bank reversed course on its balance sheet policy, in 2013. That so-called taper tantrum sent bond yields up sharply, ultimately forcing the Fed to delay plans to scale back bond purchases and prompting it to retool the way it gathers information from investors about their expectations for Fed actions.

But in the last several weeks, several policymakers and minutes from the Fed's March meeting have suggested the Fed may start to trim its balance sheet late this year, sooner than what the average Wall Street bank had been predicting. Bond yields however moved little in response.

"My tentative conclusion from market responses to the limited amount of discussion of the process of reducing the size of our balance sheet that has taken place so far is that we appear less likely to face major market disturbances now than we did in the case of the taper tantrum," Fischer said in remarks prepared for delivery at Columbia University.

Since the 2013 taper tantrum, the Fed has changed how it surveys investors, and now has a better picture not only of the average Wall Street view but also of how strongly banks, hedge funds and asset managers hold those views, Fischer said.

That detailed survey data suggested that, unlike in 2013 when some market participants were betting heavily that the Fed would not trim its bond purchases any time soon. REUTERS

NOW is the time to take care of YOUR BODY!

☑ Varicose Veins
☑ Leg Ulcers
☑ Spider Veins
☑ Pain/Burning
☑ Restlessness
☑ Heaviness
☑ Swelling
☑ Itching
☑ Fatigue
☑ Cramping

Frustrated with previous treatments, services and poor results?

Trust the doctor that cares about you!

• Personal & discrete care delivered directly Ronald Lev, MD
• Certified by the American Board of Venous and Lymphatic Medicine and the American Board of Anesthesiology
• No downtime
• 15 minute minimally invasive procedures
• Consistently ranked #1 Vein Doctor in NYC by our patients

Tired of long diets, juice cleanses & lotions?

Smart Lipo Laser Body Countouring

GET RID OF…
☑ Body Fat
☑ Sagging Arms
☑ Double Chin
☑ Cellulite & more

ADVANCED VARICOSE VEIN TREATMENTS OF MANHATTAN

TreatmentsofManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM

212.204.6501

NEW MIDTOWN LOCATION
369 Lexington Ave., Suite 18A (bet 40th & 41st St), New York, NY 10016
close to 4, 5, 6, 7, S, F and Metro North

111 John St, Ste 1450 (Bet Cliff & Pearl St), New York, NY 10038

EVENING APPOINTMENTS AVAILABLE!
¡Hablamos Español!

Most Vein Treatments Covered by Major Health Insurances including Medicare

Illinois bill would ban forcible removal of passengers after UAL incident

The treatment of Dao sparked international outrage, as well as multiple apologies from the carrier, and raised questions about overbooking policies of airlines.

Republican Illinois state Representative Peter Breen
ILLINOIS GENERAL ASSEMBLY

It would be illegal for Illinois state or local government employees to forcibly remove travelers from flights under a bill introduced by a lawmaker on Monday after a United Airlines passenger was violently dragged from an aircraft last week.

The Airline Passenger Protection Act, introduced by Republican Illinois state Representative Peter Breen, came after Dr. David Dao, 69, was pulled from a United flight at Chicago's O'Hare International Airport to help make space for four crew members.

Under Breen's measure, passengers could not be removed from flights by state or local government authorities unless they were presenting a danger to themselves or others, a public emergency was taking place or the passenger had caused a serious disturbance, according to a copy of the bill introduced in the state capital Springfield.

"A commercial airline that removes validly seated customers without serious cause breaches the sacred trust between passengers and their airlines," the bill said.

The legislation would also bar the state of Illinois from making travel arrangements, doing business with or having investments in any commercial airline that maintained a policy of removing paying passengers to make room for employees traveling on non-revenue tickets.

Dao, who was traveling to Louisville, Kentucky, from Chicago on April 9, suffered a broken nose, a concussion and lost two teeth when he was pulled from his seat by officers from the Chicago Department of Aviation's security force to make room for four employees on the overbooked flight.

The three officers, who have not been named, were put on paid leave last week, the department said.

United on Friday said it was changing its policy on booking its flight crews onto its own planes following the incident. The company did not immediately respond to a request for comment on the Illinois bill.

Lawyers for Dao have moved quickly to preserve evidence from the flight, filing a motion to keep surveillance videos, cockpit voice recordings, passenger and crew lists, and other materials related to United Flight 3411 in preparation for a possible lawsuit. REUTERS

"A commercial airline that removes validly seated customers without serious cause breaches the sacred trust between passengers and their airlines."
The bill

Trump appointee Gorsuch energetic in first US high court arguments

Gorsuch, whose confirmation to the lifetime job restored the court's conservative majority, exhibited composure and confidence, sitting on the far right of the bench in the ornate courtroom, alongside liberal Justice Sonia Sotomayor.

President Donald Trump's appointee Neil Gorsuch on Monday showed himself to be a frequent and energetic questioner during Supreme Court arguments in his first day hearing cases as a justice, at one point even apologizing for talking too much.

The first of the three one-hour arguments before the justices on Monday involved an employment dispute. Gorsuch grilled lawyer Christopher Landau, who represented a man claiming he was discriminated against by the Census Bureau, over the fine points of a law governing civil service employees.

The justices, with the exception of the usually silent Clarence Thomas, are known for their aggressive questioning, and Gorsuch showed no qualms about jumping right in.

"I'm sorry for taking up so much time, I apologize," Gorsuch said after his first lengthy exchange, sitting back in his high-backed chair and smiling.

Chief Justice John Roberts welcomed Gorsuch to the court before oral arguments began. "Justice Gorsuch, we wish you a long and happy career in our common calling," Roberts said.

Gorsuch formally joined the Supreme Court on April 10 after being confirmed three days earlier by the Republican-led Senate. GETTY IMAGES

Gorsuch responded by thanking his new colleagues for their "warm welcome."

Gorsuch stepped in three times during the first one-hour argument, on each occasion asking a string of questions about the complicated federal law at issue. As he indicated during his Senate confirmation hearing last month, his line of inquiry focused on the text of the statute, an approach also embraced by the man he replaced on the court, Antonin Scalia, and other conservative jurists.

"Wouldn't it be a lot easier if we followed the plain text of the statute? What am I missing?" Gorsuch asked government lawyer Brian Fletcher at one point.

When Fletcher responded that he could give reasons for his interpretation, Gorsuch appeared unsatisfied. "Not reasons. Where in the language?" he said, referring to the statute.

The court had its full complement of nine justices, five conservatives and four liberals, for arguments for the first time since Scalia's death in February 2016.

The second case involved whether a developer can intervene in a lawsuit brought by a property owner against the town of Chester, New York, over its refusal to give him permission to build on his land.

REUTERS

MILITARY

US Defense Secretary Mattis to talk Islamic State, Syria in Middle East

On his first trip as U.S defense secretary to parts of the Middle East and Africa, Jim Mattis will focus on the fight against Islamic State and articulating President Donald Trump's policy toward Syria, officials and experts say.

His trip may give clarity to adversaries and allies alike about the Trump administration's tactics in the fight against Islamic State militants and its willingness to use military power more liberally than former President Barack Obama did.

One of the main questions from allies about Syria is whether Washington has formulated a strategy to prevent areas seized from militants from collapsing into ethnic and sectarian feuds or succumbing to a new generation of extremism, as parts of Iraq and Afghanistan have done since the U.S. invaded them.

U.S.-backed forces are fighting to retake the Islamic State strongholds of Mosul in Iraq and Raqqa in Syria, and questions remain about what will happen after that and what role other allies such as Saudi Arabia, can play.

REUTERS

DO YOU SUFFER FROM ECZEMA?

New York Clinical Trials is conducting a new research study on an investigational medication for people who have been diagnosed with Eczema.

You May Qualify If You:
- Are 18 Years of Age or Older
- Have been diagnosed with Eczema on atleast 10% of your body

If Qualified, You May Receive At No Cost:
- Study-related physical exam by a licensed physician
- Study-related medication
- Compensation for time and travel

DON'T LET ECZEMA CONTROL YOUR LIFE!

All Is Confidential and At No Cost To You.
No Insurance Necessary.

ClinicalTrials.NYC

CALL US TODAY OR WALK-IN
(646) 625-3011
Se Habla Espanol

Or Email Us At:
crc2@nycclinicaltrials.com

59 E 54th St., Rm 93
New York, NY 10022

NY CLINICAL TRIALS

Burying 'Trumpomania,' Kremlin TV says Trump scarier than North Korean leader

As Russian hopes of swift detente under President Donald Trump have fizzled, state media, which hailed his election win, have made a U-turn. On Sunday, they said he was scarier than North Korea's Kim Jong-Un.

Trump's decisions to launch a missile strike against Syria, a Russian ally, drop a giant bomb on Afghanistan and stick with Obama-era policies on Crimea mean Russian hopes of him befriending the Kremlin have been on the slide for a while.

If state TV is a guide, his tough talk on North Korea's nuclear program and decision to despatch a naval strike force to the region appear to have buried any Russian hopes that he might intervene less in foreign affairs than his predecessors.

Dmitry Kiselyov, anchor of Russia's main weekly TV news show "Vesti Nedeli," on the Rossiya 1 channel, is widely seen as the top pro-Kremlin presenter.

Donald Trump

Kim Jong-Un GETTY IMAGES

He had already began to dial back the Trumpomania and start criticizing the U.S. president.

But on Sunday, his first broadcast since Rex Tillerson's maiden visit to Moscow as secretary of state, Kiselyov, who once praised Trump for his "independence" from the U.S. political establishment, removed the proverbial gloves.

"The world is a hair's breadth from nuclear war," said Kiselyov. "War can break out as a result of confrontation between two personalities; Donald Trump and Kim Jong-Un. Both are dangerous, but who is more dangerous? Trump is."

Kiselyov went on to say that Trump was "more impulsive and unpredictable" than the North Korean and to say both men shared some of the same negative traits: "Limited international experience, unpredictability and a readiness to go to war."

Kremlin spokesman Dmitry Peskov declined to say whether Kiselyov's views chimed with the Kremlin's, but said his opinions weren't necessarily always interchangeable with the official position. "His position is close, but not every time," said Peskov.

The fact that Kiselyov is being given free rein to use such tough rhetoric about Trump is nonetheless likely to reflect how deep the Kremlin's anger runs about what it sees as Trump's failure to deliver on his pledge of better ties with Moscow.

Speaking in front of a picture of the North Korean leader and military commanders juxtaposed next to Trump's image, Kiselyov said Kim Jong-Un was less scary than the president because he was ready for talks, had not attacked other countries and had not sent a naval armada to the U.S. coast.

"He [Kim Jong-Un] is after all on his home territory. He doesn't plan to attack anyone just for the sake of it," said Kiselyov, who was a cheerleader for state TV's strong anti-American tone under the Obama administration and once said Moscow could turn the United States into radioactive ash.

Delivering a personal jibe, Kiselyov sarcastically told viewers that the North Korean leader's young daughter did not, unlike Ivanka Trump, have an office in her father's official residence.

REUTERS

"War can break out as a result of confrontation between two personalities; Donald Trump and Kim Jong-Un. Both are dangerous, but who is more dangerous? Trump is."

Kiselyov

DANCE THEATRE of HARLEM
APRIL 19-22 | 2017 NY SEASON | NY CITY CENTER
TICKETS START AT $25
NYCITYCENTER.ORG
CITYTIX®
212.581.1212
BOX OFFICE
131 W 55TH STREET
EXPERIENCE THE POWER OF ART. TOGETHER.
DANCETHEATREOFHARLEM.ORG
ARTISTS: STEPHANIE RAE WILLIAMS & DA' VON DOANE // PHOTO BY: FRANÇOIS ROUSSEAU

Painful Varicose Veins and Swollen Legs?

924 Flatbush Ave.
NOW OPEN
B Q

Are you or a loved one suffering from the following symptoms?

- ☑ Varicose Veins
- ☑ Spider Veins
- ☑ Itching and Burning
- ☑ Leg Pain
- ☑ Leg Cramps
- ☑ Swollen Legs
- ☑ Skin Discoloration
- ☑ Leg Ulcers
- ☑ Blood Clots
- ☑ Difficulty Standing

ACCREDITED FACILITY IAC VASCULAR TESTING

We specialize in a wide range of treatment options including care of Peripheral Artery Disease (PAD) and wound care.

Covered by Medicare, Medicaid, and most insurance plans

NOW ACCEPTING AFFINITY HEALTH OF NY

Don't suffer another day! Call us now!

(917) 717-5135

USA VEIN CLINICS™

www.USAVeinClinics.com

© February, 2017 USA Vein Clinics®. All rights reserved.

NEW YORK

Manhattan
1153 1st Avenue, Manhattan, NY 10065 2 3 Q R W
122 Fulton Street, New York, NY 10038 A C J Z 2 3
4159 Broadway, New York, NY 10033 A C 1 4 5 6

NEW ST NICHOLAS OFFICE
1264 St. Nicholas, Washington Heights, NY 10026 *168 St* A C 1

Brooklyn

NEW FLATBUSH OFFICE
924 Flatbush Ave, Brooklyn, NY 11226 *Church Ave* Q B 2 5
2511 Ocean Ave, Brooklyn, NY 11229 Q R B
2444 86th St, Ste A, Bensonhurst, NY 11214 D

NEW BRIGHTON BEACH OFFICE
2965 Ocean Pkwy, Brooklyn, NY 11235 *Ocean Pkwy* Q B

Bronx
5221 Broadway Ave, Bronx, NY 10463 1

NEW 149TH STREET OFFICE
384 E. 149th Street, Suite 201, Bronx, NY 10455 *3 Av-149 St* 2 5

Upstate NY

NEW 156 Route 59, Ste B1, Suffern, NY 10901

Queens
116-02 Queens Blvd Flushing, NY 11375 E F M R
30-33 Steinway St, Astoria, NY 11103 N Q M R
40-04 Forley St, Jackson Heights, NY 11373 F E M R 7
59-20 Myrtle Ave, Queens, NY 11385 J M Z L

Staten Island
1975 Hylan Blvd, Staten Island, NY 10306

Long Island
260 Sunrise Highway, Valley Stream, NY 11581

NEW JERSEY

766 Shrewsbury Ave, Ste 300, Tinton Falls, NJ 07724
81 Route 37 West, Toms River, NJ 08755

United kicks couple going to their wedding off plane over seating

An engaged couple were removed from a United Airlines flight to Costa Rica on Saturday, as the airline remained under scrutiny following outrage caused by a video last week of a passenger being forcibly removed from a flight.

According to the couple, who said they were en route to get married, a federal marshal had escorted them from the plane before takeoff from Houston, Texas, but United denied this on Sunday, saying in a statement that neither a marshal nor other authorities was involved.

The couple "repeatedly attempted to sit in upgraded seating which they did not purchase and they would not follow crew instructions to return to their assigned seats," United said in a statement, adding "They were asked to leave the plane by our staff and complied."

The statement from a United spokeswoman said the airline offered the couple a discounted hotel rate for the night, and rebooked them on a Sunday morning flight.

But Michael Hohl and his fiancee, Amber Maxwell, told KHOU they tried to pay for upgraded seating and were denied, after finding another passenger sleeping across their seats when they were the last to board.

After moving within the economy cabin a few rows up, flight crew denied their request to pay a supplement for the seats, which United sells as "economy plus," and told them to move back to their original seats, Hohl said.

"We thought not a big deal, it's not like we are trying to jump up into a first-class seat," Hohl told KHOU. "We were simply in an economy row a few rows above our economy seat."

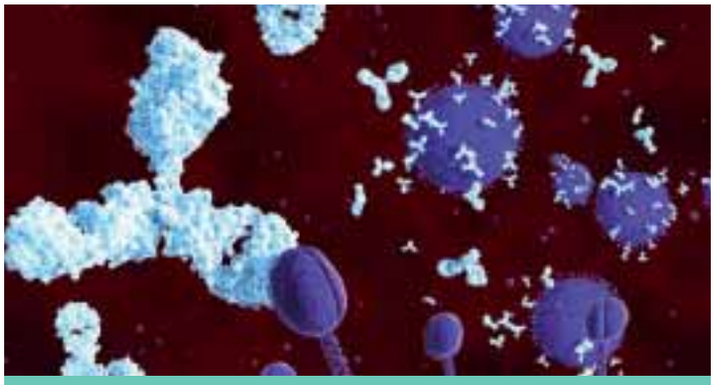
REUTERS

Another incident for United Airlines
GETTY IMAGES

DR WW MEDSPA & LASER CENTER
Grand Opening
414 E 59 ST, NEW YORK NY 10022
BOTOX $250 $100 OFF
FREE CONSULTATION $100 VALUE
$100 OFF ANY SERVICE
$50 MICRODERMABRASION FACIAL 75 MINUTES
bellafill
$899
5 YEAR FILLER FDA APPROVED
• Dark Spot Reduction
• Tattoo Removal
• Rosacea Treatment
• Laser Hair Removal
• Acne Treatment
• Scar Reduction
• Skin Tightening
• Skin Rejuvenation
• Injectable Fillers
• Botox Injections
• Non-surgical Facelift
• Non-surgical Fat Reduction
• PRP
• Cellulite Reduction
• Non-Surgical Nose Job
• Laser Snoring Treatment
Huazhen Wei, MD, PhD
Yan Wang, MD, MS
2 LOCATIONS
414 E 59 ST, New York NY 10022 - 212-935-0707
85-16 Queens Blvd, Elmhurst, NY 11373 - 718-457-0707
drwwmedspa.com

THE ROCKEFELLER UNIVERSITY HOSPITAL
CENTER FOR CLINICAL AND TRANSLATIONAL SCIENCE

HIV+ and not on treatment?



The Rockefeller University is seeking volunteers to receive a combination of investigational antibodies directed against HIV.

Participation involves:
> Receive 1 to 3 infusions of the antibodies
> Blood work
> Follow up visits

You may be eligible if you are:
> HIV positive
> Hepatitis B and C negative
> Between the ages of 18 to 65
> Not taking HIV medications

Compensation is provided.

To learn more, contact our Recruitment Specialist at 1-800-RUCARES or email us at RUCARES@Rockefeller.edu

Low Back Pain?

Do you experience:
❒ Back pain when you bend down?
❒ Back pain upon standing, sitting, or walking?
❒ Back muscle strain?

If you have been suffering from lower back pain for over 3 months and are at least 18 years old, you may be eligible to participate in our research study of an investigational medication for Lower Back Pain.

Qualified participants will receive study-related medical evaluations with our Board Certified Physician, investigational medication or placebo, and study visits, at no cost, over the course of 21 months.

Please call for more information or to request a free screening.

Call or TEXT: (212) 595-5012
www.Medical Research Network.com
The Medical Research Network, LLC • 134 E. 93rd St., New York, NY 10128

Understanding Trump's presidency

These free online classes will clear up some of the confusion.

SARA FEINSTEIN
@SaraBFeinstein
sara.feinstein@metro.us

This new administration has raised many questions and caused many headaches. ISTOCK

It's been less than four months and Donald Trump has already ignited a roaring backlash across the country.

Between the protests, government investigations and the rebranding of the word "facts," it's completely understandable if you're confused.

These four courses aim to tackle some of the overarching questions surrounding this presidency.

1 Top 10 Social Issues for the President's First 100 Days

The beginning of a presidential administration — a time when Congress will begin to pass new laws and implement social policies that will impact all of us — is a crucial moment to begin engaging in the national conversation. In this self-paced course, taught by a group of professors at the University of Pennsylvania School of Social Policy and Practice, students will interact in online discussions to examine the most pressing social justice and policy issues facing the United States. Instructors will continually post and update pertinent articles and thoughtful commentaries, and at the very end of the course, will work with students to create a list of priorities for the newly elected president and Congress.

2 Human Rights Activism, Advocacy and Change

In all societies, advocates and activists play an important role in ensuring human rights are respected, protected and promoted. This 14-week course will explore the role of social movements and activism in bringing about change, touching on topics such as women's rights activism, refugee and queer rights, and indigenous protests. By the end of the course, students will have a wide understanding of social movement theories and concepts, as well as their methods and outcomes.

3 Corruption

Every day we see high-level government officials resigning, hundreds of thousands of people holding up signs at demonstrations and oftentimes even risking their lives to protest the corruption in the world. Using examples from around the globe, this four-week course will discuss corruption from the perspective of countries, governments, businesses, citizens and the people within these entities. At the end, students will have a better understanding of not only what corruption is, but also its causes, effects and how to control it.

4 Citizenship and U.S. Immigration

This self-paced course will answer crucial questions such as: How is citizenship acquired, and can it be lost? Who decides who can enter the country, and who must leave? And what rights do noncitizens and those who have entered the country illegally have? In the final chapter of the unit, Deportation Proceedings and Border Security, students will be asked to consider the future direction of immigration law in the United States.

To find these courses go to class-central.com.

BMCC Center for Continuing Education and Workforce Development

Start Here. Work Anywhere.

Intro to Phlebotomy & EKG Training

This course is an introduction to students who will acquire complete hands-on training with professional medical equipment Electrocardiograph (EKG) technicians perform EKGs on patients under the supervision of a medical professional. Phlebotomy technicians collect blood ordered by a licensed health care provider. This course is designed to incorporate both skills to make you more marketable within the health care field.

Training Dates

June 1, 2017 – July 6, 2017,
Monday & Thursday, 5pm – 9pm

Ele ctronic Health Record with Medical Billing and Coding Train ing

Enroll today to start your career in the medical field. The Electronic Health Records with Medical Billing and Coding program will teach you the skills you need to input information in a digital format and resolve insurance billing claims. Students will learn how to find the proper procedure and diagnosis codes using CPT-4 and ICD-10 manuals. This accelerated 112 hour course has an optional 100 hour internship component. Upon successful completion, students may be eligible to take the National Healthcareer Association (NHA) certification in E.H.R.

Training Dates

July 27, 2017 – September 27, 2017
Thursday & Friday, 9am – 5pm

Intro to Vital Signs Training

Learn how to measure the body's most basic functions. To determine signs of human life or death, you will gain hands-on practice in measuring a patient's blood pressure, pulse, respiration, body temperature and pain assessment.

Training Dates

July 10, 2017, Monday, 5pm – 9pm

GMAT, LSAT, GRE & SAT Training

Learn tips and strategies from a qualified instructor to improve your score and walk you step by step through each section of the LSAT, SAT, GRE and GMAT review course. With our help and resources, we provide in-depth reviews and time efficiency. Practice tests and strategy sessions are provided to ensure your readiness for colleges and universities.

Training Dates

GMAT & LSAT: August 7, 2017 – September 20, 2017
Monday & Wednesday, 6pm – 9pm

GRE: August 1, 2017 – September 20, 2017
Tuesday & Thursday, 6pm – 9pm

SAT: May 6, 2017 – July 8, 2017
Saturday, 10am – 1pm

Register for an Upcoming Information Session at www.bmcc.cuny.edu/ce or call (212) 346-8410.
25 Broadway 8th Floor, NY, NY 10004

CUNY The City University of New York

Spring Into
A NEW CAREER!

MILDRED ELLEY
100
1917 YEARS 2017
A CAREER COLLEGE IN NYC

MILDRED-ELLEY.EDU

Start Your Career in:
Practical Nursing (LPN) • Medical Assisting
Business Management • Paralegal Studies
Massage Therapy

Make a Change. Get Started Today!
CALL (888) 419-5635

MILDRED ELLEY
A career college in NYC
The Power to Change Your Life
mildred-elley.edu

Train in
PRACTICAL NURSING (LPN)
Make a change.
Call to get started!
MILDRED ELLEY
#mildredelley
(888) 505-2101
mildred-elley.edu

Become a
MASSAGE THERAPIST
Make a change.
Call to get started!
MILDRED ELLEY
#mildredelley
(888) 500-0953
mildred-elley.edu

Advance Your Career in Healthcare
MEDICAL ASSISTANT
Make a change.
Start today!
MILDRED ELLEY
#mildredelley
(866) 259-8615
mildred-elley.edu

Start Your Career in
BUSINESS MANAGEMENT
Make a change.
Call to get started!
MILDRED ELLEY
#mildredelley
(866) 755-5092
mildred-elley.edu

Mildred Elley career college • Convenient Campus Location: 25 Broadway, Floor 16 | New York, NY Across from the Wall Street Bull • Accredited by ACICS, Approved by ACCES-V R. **Approved for VA Education Programs such as GI Bill & MyCAA VA, Welcome Veterans!** • Day, Night and Weekend Classes! • **International Students Welcome! SEVIS I-20 Certified School** • *For program details and disclosures including Albany extension site programs visit mildred-elley.edu/disclosures*

Master of Science in
Nonprofit Leadership

A Joint Program of Fordham's
Gabelli School of Business and Graduate School of Social Service

Learn about all aspects of nonprofit management and develop a solid foundation in social justice leadership.

- Program can be completed in 12 months
- Class schedule designed for working professionals
- Ongoing mentorship provided by a nonprofit CEO

Ranked #10 nationwide in nonprofit business by *U.S. News & World Report*

For more information, please visit fordham.edu/nonprofits.
nonprofits@fordham.edu | 212-636-6676

eeo

FORDHAM

metro
monthly
education
guides

metro is your source for educational content – schools, testing, paths of study, financing options and more.

upcoming dates:
- may 16
- june 13
- july 18

for advertising, contact shari white at **212.457.7824**
or **shari.white@metro.us,** or visit **media.metro.us**

Take Charge of Your Future.

At BMCC you'll receive solid value for a quality education.

At Borough of Manhattan Community College, The City University of New York (BMCC/CUNY), nearly nine out of 10 graduates earn their degree, debt free.

BMCC is committed to providing a high-quality education at a remarkable savings. Ranked #4 among community colleges nationwide, according to data from the U.S. Department of Education, BMCC provides more than 40 associate degree programs including Business Administration, Communication Studies, Liberal Arts, Nursing, Science, Accounting, Teacher Education, Allied Health, Computer Science and more.

That list has grown in response to industry trends, and student goals. In the last year alone, BMCC students have been able to choose new majors such as Sociology, Modern Languages, Animation and Motion Graphics, History, Gerontology, Psychology and Science for Health Professionals.

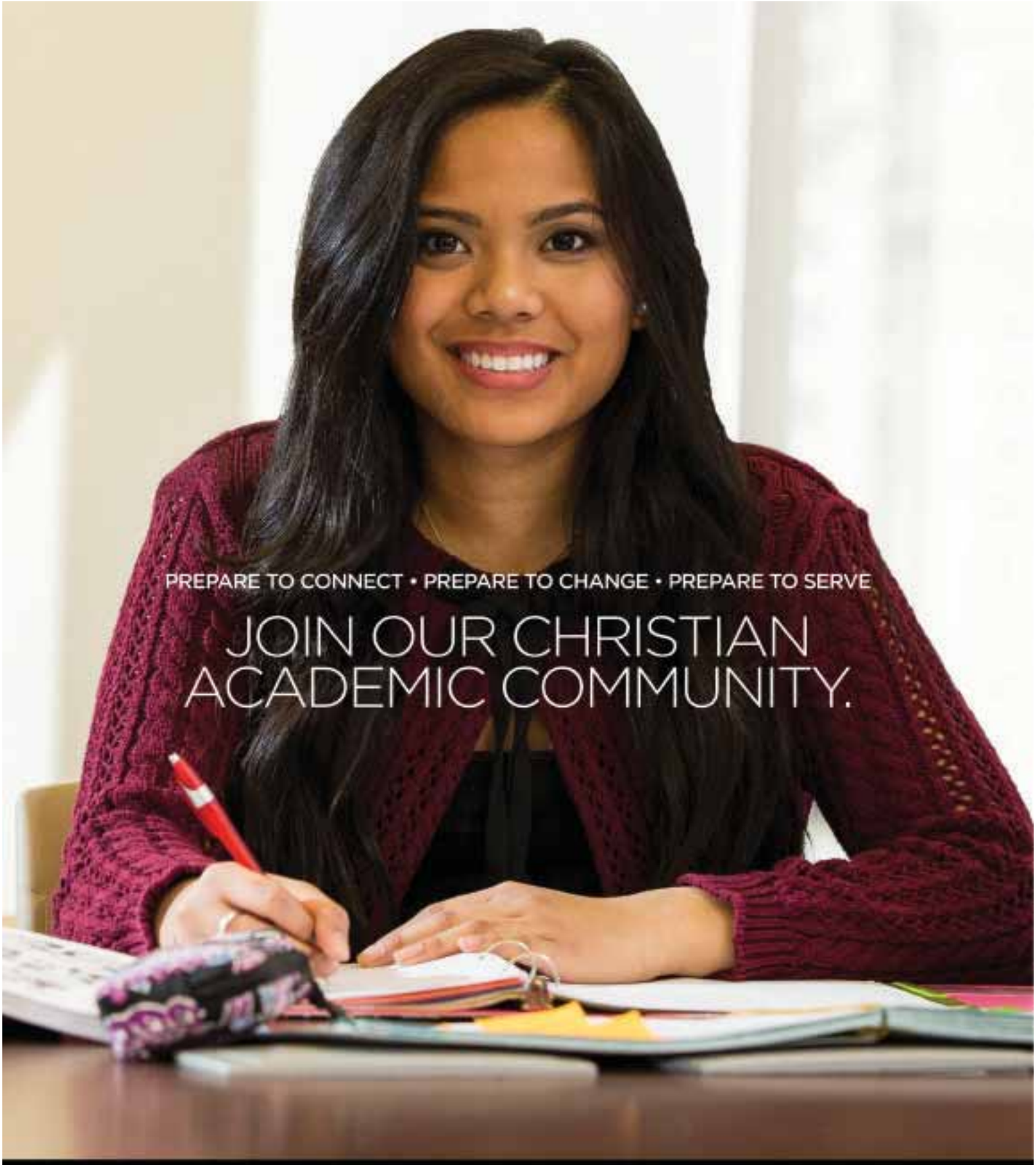
Students have access to free tutoring and benefit from BMCC's location in the heart of Lower Manhattan, close to every major subway line. They learn inside and outside the classroom; taking part in field research and completing corporate internships. Students present at conferences and work on grant-funded projects alongside professors who are biologists, computer scientists, artists, sociologists and leaders in their fields.

BMCC graduates are well prepared to continue their higher education at a four-year college within CUNY or beyond. They can also build on the internships and clinical rotations they completed at BMCC, and move right into their careers.

Whatever their next step, BMCC graduates do not carry the crushing debt that weighs on their peers at other colleges.

BMCC is one of 24 colleges and universities within the highly esteemed CUNY system, and BMCC's affordability is assured by the CUNY Safety Net — low tuition, federal and state aid, and federal tax credits easing the burden on the middle class.

Take charge of your future. Enroll now at BMCC and take advantage of a solid value for a quality education.


PREPARE TO CONNECT • PREPARE TO CHANGE • PREPARE TO SERVE
JOIN OUR CHRISTIAN ACADEMIC COMMUNITY.
NYACK
College • Seminary • Graduate Schools
OPEN HOUSE
WEDNESDAY, APRIL 19 • 5:30PM
2 WASHINGTON ST, NEW YORK, NY 10004
REGISTER: 877-626-2236 • WWW.NYACK.EDU/RSVP

SUMMER SESSION 2017

HOT TOPICS COOL COURSES

Register Now! • Classes Start June 5!

CATCH UP
on prerequisites and requirements

OPEN UP
to timely topics taught by top faculty

SPEED UP
with 3-week, 5-week, and online courses

WISE UP
with a great answer to…
"What are you doing this summer?"

HIGHLIGHT PROGRAMS

- Social Justice through Art & Culture
- New Face of Corrections
- Crime & Punishment
- A New You: Fitness & Wellness
- Science in Five Weeks
  - BIO, CHE, PHY and more

www.jjay.cuny.edu/summer

524 West 59th Street, New York, NY 10019

JOHN JAY COLLEGE OF CRIMINAL JUSTICE

CUNY

Division of
Continuing Education &
Workforce Development

Hostos Community College

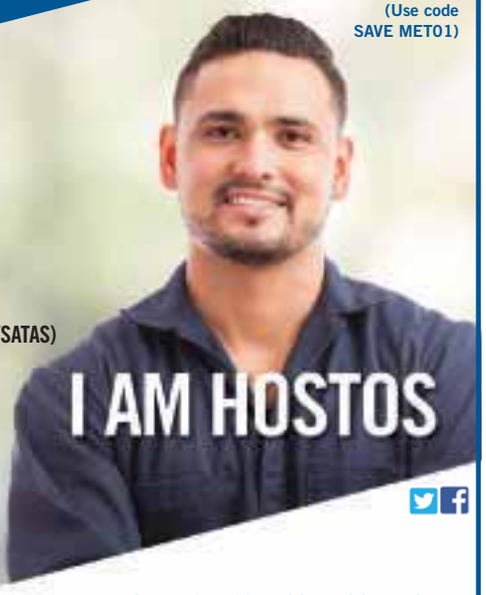
Receive 5% discount with this ad (Use code SAVE MET01)

THE SKILLS
TO DO
THE JOB

Improve your job opportunities through our certificate programs and courses

Accounting & Bookkeeping Basics
Active Shooter & Medical Emergency Preparedness Training
Basic Construction Project Mgmt.
Basic Electrical Residential Wiring
Basic Property Management
Culinary Arts
Dignity for all Students Act (DASA)
F03 & F04 Fireguard Test Prep
Food Protection
Income Tax Preparation
Landlord Tenant Law
Microsoft Office
New York Tax Course
Personal Trainer
Quickbooks
Real Estate
Security Officer
Teacher Assistant
Teacher Assistant Test Prep (NYSATAS)
Training in the Recognition of Child Abuse & School Violence Prevention

Healthcare certificate programs also available.



College for Kids Summer Academy
High School Equivalency (HSE) & ESOL
Job Training/Career Building/ Certifications

OPEN HOUSES

Saturday, May 13 11am-1pm
Saturday, May 20* 10am-12pm
Thursday, May 25 6pm-8pm
Thursday, June 1 6pm-8pm

All Open Houses are held at 560 Exterior Street, Bronx, NY 10451
*Allied Health Career Pipeline Open House is held at 120 E. 149th St., Savoy Multi-Purpose Room, Bronx, NY 10451

Tel 718-514-7103 Fax 718-518-6744 cedu@hostos.cuny.edu 560 Exterior St, Bronx, NY 10451 www.hostos.cuny.edu/Continuing-Ed

metro new york
readership is up

21%

from last year.

source: nielsen scarborough 2016 r2. net combined print/online.

for the best in local news and entertainment coverage, read **metro** in print and online at **metro.us**

for advertising, contact **212.457.7735** or **advertising@metro.us**, or visit **media.metro.us**

Boston University Summer Term 2017

Summer 1: May 23–June 30 • Summer 2: July 3–August 11

Register today at bu.edu/summer.

Boston University Summer Term is the premier summer study program in the Northeast, offering high-quality undergraduate and graduate courses in a broad range of academic subjects.

Summer Term's open-enrollment policy makes it easy to enhance professional credentials, broaden career options, satisfy prerequisites for bachelor's or master's degrees, or focus on a particular topic of interest.

Whether you are a working adult, enrolled undergrad, or ambitious high school student, Summer Term offers the opportunity to spend a productive summer enjoying the city of Boston.

THINK CHOICE
Advance your studies with over 700 undergraduate and graduate courses in over 75 subjects.

THINK FLEXIBILITY
Study evenings, days, or online during convenient six-week sessions.

THINK AHEAD
Motivated high school students can preview college life in our Pre-College Programs—including High School Honors, Summer Challenge, Summer Preview, and more.

THINK BU
Be a part of a rich academic legacy by participating in a summer program that has helped students thrive in their studies for over 100 years.

Boston University Summer Term

BOSTON UNIVERSITY

For more features stories, visit metro.us

Ben Affleck packs up, moves out, moves on

Ben Affleck is ready to move on from his divorce, and I am too.

Last week, Jennifer Garner, 45, finally got around to filling for divorce after some well-covered ups and downs. TMZ reports that after Affleck's stint in rehab, Garner thought it was a good time to be like, "Oh yeah, BTW, this is not going to work, byeeeeee!"

But the actors want to assure you that despite the split, everything is totally chill. So chill, in fact, that the 44-year-old is just now moving out. According to DailyMail, Affleck is out of the family home, and has already started dating someone new (albeit casually). Frankly, I'm impressed with his surprisingly vast emotional capacity: to be able to date the week after your on again/off again wife files for divorce is kind of insane.

Sources tell the site the divorce will take at least six months because Affleck and Garner thought love was real and never discussed dividing assets because they were "ambivalent about the divorce." OK, sure!

The gentle giant with the Boston brogue and the woman from the Capital One commercials were married in 2005 and were together for a total of 12 years. They share three children: Violet, 11; Seraphina, 8; and Samuel, 5.

It's good to see that Affleck is moving on with his life, or whatever. If he can make it through this, surely he can make it through all the horrible Batman movies he's contractually obligated to complete.

Amber Rose & Odell Beckham Jr. hung out, must be dating

Amber Rose and Odell Beckham Jr. were spotted getting cozy at Coachella this weekend and I'm all about it.

According to Perez Hilton, Rose and Beckham spent some quality time together at the West Coast music fest and even shared a romantic scooter ride together. They also reportedly grabbed swag bags together in one of the merch tents, another classic picturesque activity for two people in the throes of young love. After all, Coachella is the most romantic, most bonkers, most perspiration-heavy music festival.

A spy — maybe Nathan Hale, famously known as the first American Spy, circa 1775 — tells Page Six that as the night went on, "they got flirtier and flirtier." I mean, sounds like the perilous consequences of heat exhaustion and free booze to me, but what do I know?

In 2015, Beckham shot down rumors that he was dating Rose, but maybe he's changed his tune. It's OK, dude. We all make mistakes.

Prince Harry has emotions, feels things

It's been 20 years since Princess Diana's tragic death. And now her youngest son, Prince Harry, is opening up about losing his mother at age 12.

In an interview with The Telegraph's Mad World podcast, the 32-year-old talked about doing the work of caring for your mental health. "I can safely say that losing my mum at the age of 12, and therefore shutting down all of my emotions for the last 20 years, has had a quite serious effect on not only my personal life, but my work as well," he said, according to Cosmopolitan. "I have probably been very close to a complete breakdown on numerous occasions.

"I've now been able to take my work seriously, been able to take my private life seriously, as well." Your private life, huh? I mean, sure, you're working hard to break the stigma surrounding mental-health issues, but could you also be trying to give us a subliminal message about your romantic life, my dude?

Of course, the timing is right. Things have been getting serious between The Young Ginger Prince and his girlfriend, actress Meghan Markle. And I don't know about y'all, but I am definitely ready to see a black woman in Buckingham Palace, even if her husband is more than several steps removed from any actual position of power.

ALL PHOTOS GETTY IMAGES

The Future of Foot Surgery has arrived at NY Podiatric Medicine

Don't hide them… WE CAN HELP!
Specializing in Surgery and Aesthetics of the Foot.

Dr. Andrew Glass DPM
212-867-2500

NEW YORK PODIATRY MEDICINE AND SURGERY

Cutting Edge Means Less Cutting

MINIMALLY INVASIVE
Bunion & Hammertoe Surgery
We have performed thousands of these procedures with state of the art technology

All Photos of Actual Patients

HAMMERTOE CORRECTION

www.nymidtownpodiatry.com
MIDTOWN
315 Madison Ave., Suite. 2301 • 212-867-2500
As seen on and CBS

MOST INSURANCE PLANS ACCEPTED
FREE CONSULTATION WITH THIS AD

Missandei learns how to hack

"Game of Thrones'" Nathalie Emmanuel talks about being hit on in "The Fate of the Furious."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Nathalie Emmanuel hasn't been home a lot lately. By home, she means London.

"I mean, my stuff is there, you know?" the English actress tells us. "I'm rarely here. But I am technically living in London." But traveling's fine by her. "I can't get enough of it at this point. There is going to come a time when it doesn't happen as much. You might as well enjoy it while it is."

In short, she's been busy. Since 2013, Emmanuel, 28, has played Missandei, interpreter for Daenerys Targaryen on "Game of Thrones." Then she got sucked into the "Maze Runner" franchise. Then she became part of the speed junkie team (sorry: "family") of the "Fast and/or Furious" series. Starting with "Furious 7" and continuing with the new "The Fate of the Furious," she's played Ramsey, a hacker and our heroes' only other female team member (after Michelle Rodriguez), who luckily doesn't have to do any of the driving.

Even though the eighth installment is only Ramsey's second appearance, Emmanuel says her character's already a bit jaded by the experience. For one thing, she spends some of the film being hit on, badly, by Roman (Tyrese Gibson) and Tej (Chris "Ludacris" Bridges), prompting many close-ups of her rolling her eyes.

"It's like, 'Oh, for goodness sake, these silly boys,'" she says. "She sort of finds it slightly amusing. She's probably been getting that for a while now. I quite like the fact that she's sort of over it.'"

It also shows how much Ramsey stands out from the pack. "She's there as somebody who is very skilled, who has earned her right to be part of this team. She's not necessarily connected to anybody else. She's very independent of them. They've all grown up together, and she doesn't have that history."

"Game of Thrones" vet Nathalie Emmanuel returns to the "Fast and/or Furious" series as hacker Ramsey in "The Fate of the Furious," now in theaters. UNIVERSAL PICTURES

In real life, Emmanuel isn't quite the techie she plays onscreen. You don't have to be a hacker to play one. But you do have to look like you know what you're doing, which isn't always easy.

"Sometimes you can tell when someone's faking it. Some actors will say you can tell when an actor doesn't smoke. I was worried people would say, 'You can tell she doesn't type like that all the time,'" Emmanuel says. So she basically practiced, well, typing. "A trick I would do when filming is I would think of sentences in my head and type those on the keyboard — phone numbers or addresses, whatever. I tried to make it look like there were thoughts coming through my fingers."

GETTY

The "Furious" movies may be among the biggest entertainments on the planet, but "Game of Thrones" is right up there. Over the show's five seasons, Emmanuel has been able to let Missandei grow considerably from the quiet, reserved character she was at the start.

"It used to be that she wasn't considered a human being. She was considered property. Suddenly she's had to navigate a landscape that's completely foreign to her. She's had to make choices. She's had feelings or emotions and wondered whether she should express them," Emmanuel explains. "It's all new territory for her. If you've been brainwashed and indoctrinated your whole life and suddenly your surroundings change, there's always going to be a slight battle with that inside of yourself. Over the series you get to see her evolve and open up, find her way, essentially. It's great to have the time to explore that."

NEW YEAR, NEW YOU
SPECIAL $500 OFF WITH THIS AD
FRANCIS NY PLASTIC SURGERY
114 EAST 71ST STREET • 212-226-0677
Between Park & Lexington Avenues • www.francisnyplasticsurgery.com

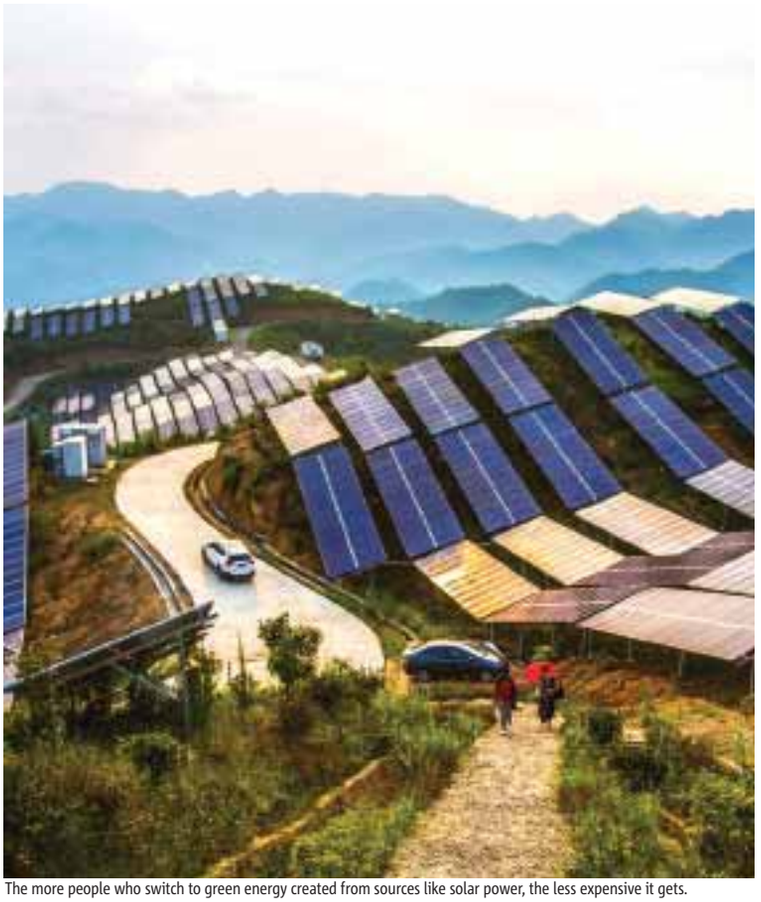
MODEL

Brazilian Butt Lift - Fat Grating
Buttock Implants
Calf Implants
Breast Augmentation
Breast Lift
Breast Reduction
Breast Reconstruction
Liposuction
Smart Lipo
Body Lifts
Arm Lifts
Face Lifts - Eyes - Neck
Tummy tucks - Mini & Full
Nose Reshaping
Lip Plumping
Botox - Sculptra - Juvederm
Dysports - Restylane - Radiesse
Affordable Cosmetic Surgery
0% Financing Available
Surgical Center On Site
With Certified Staff
Quick & Safe Anesthesia
FREE CONSULTATION!

TUMMY TUCK
BREAST AUGMENTATION
BREAST REDUCTION
ARM LIPO/LIFT
BUTT AUGMENTATION
MOMMY MAKEOVER
TUMMY TUCK

FREE CONSULTATIONS!

Dr. Kenneth R. Francis - Board Certified Plastic Surgeon: Featured in : "Allure, Glamour, and Inside Edition"



The more people who switch to green energy created from sources like solar power, the less expensive it gets.

ALL PHOTOS GETTY IMAGES

Green energy is a game-changer

Why switching to clean power is the biggest thing you can do on Earth Day.

LINDA CLARKE
@MetroNewYork
letters@metro.us

Every year on Earth Day, John Oppermann hears the same question: "How do I green my lifestyle?"

"People are so eager to change," says Oppermann, executive director of the Earth Day Initiative. "The demand is there, but it can be overwhelming knowing where to start. We made it super easy for individuals to take a big first step."

The biggest way households contribute to global warming is their electric consumption, much of which is created using fossil fuels and fracking. These methods damage the environment from the way they're removed from the earth to being burned in power plants.

This is what makes switching to a green energy source the most impactful change you can make to green your household, and with the #CountTo50 campaign, it can be the easiest change you make, too.

Taking advantage of cleaner renewable energy sources is tricky for the average apartment-dweller — it's not like you can add solar panels to your balcony. But anyone who pays an energy bill can switch from a standard provider to a clean energy one. All it takes is a utility bill with your account number, and logging onto earthdayinitiative.org.

While there, you can also check out the Earth Day Initiative's complete guide to greener living, with tips for sustainable transportation, food and fashion.

There are no tax refunds for switching to green power, like those for homeowners who install solar paneling. But the cost to switch is minimal, and often nothing.

"In some cases your

Get green

Want to learn more about #Countto50 or speak with an Earth Day Initiative representative? Get to Union Square today from noon to 7 p.m. for tons of green-themed fun. To sign up for clean energy, just bring a utility bill.

Feet Hurt? Bunions? Hammertoes? Heel Pain?

Platelet Rich Plasma Therapy (PRP)

A new approach for treating Tendon Injuries for the Achilles, Tendonitis and Plantar Fasciitis (Heel and Arch Pain)

Take The Foot Health Checkup

- My toenails are streaked, discolored and thickened.
- The sides of my toenails dig into the skin and hurt.
- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight- they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly – sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

Relief For Chronic Heel Pain

Now Featuring genesisplus™

New FDA Laser Treatment For Nail Fungus, Scars & Warts

CUTERA

After

Before

New Treatment For Heel Pain, Shockwave, PRP (platelet rich plasma) as seen on the front page of The New York Times

If any of these apply to you... Call today.

Patient is responsible for co-pays & deductibles

most insurance plans accepted complete family foot care laser surgery available

The Most Advanced Techniques Used For Bunions & Hammertoe Correction

Downtown location
65 Broadway Suite 1103
Financial District
NYC, NY 10006
212-486-7333

Midtown location
121 E. 60th St.
New York City, NY
212-486-7333
Paul Drucker DPM
Jordan Drucker DPM

235 East 22nd Street
(between 2nd and 3rd Ave)
t 212-486-7330

184 east 70th st
212-772-3500

Jump-start your career in government!

EHLS trains advanced English speakers to be effective communicators and strong candidates for federal jobs.

FULL SCHOLARSHIPS

are available for U.S. citizens who have a college degree and are native speakers of

Arabic · Azerbaijani · Balochi · Bambara · Dari · Hausa
Hindi · Kazakh · Kurdish · Kyrgyz · Mandarin Chinese
Pashto · Persian Farsi · Punjabi · Russian · Somali
Tajik · Tamashek · Turkish · Urdu · Uzbek

Learn more: Meet with EHLS staff in NYC!

Thursday, April 20
Chatham Square Library: 4 - 6 p.m.

Friday, April 21
Queens Library at Broadway: 1 - 3 p.m.
Mid-Manhattan Library: 5 - 7 p.m.

Saturday, April 22
Queens Library at Woodside: 11 a.m. - 1 p.m.
Queens Library at Rego Park: 2 - 5 p.m.

Sunday, April 23
Queens Library at Flushing: 12:30 - 4:30 p.m.

Monday, April 24
Sunset Park Library: 11:30 a.m. - 1 p.m.
Grand Central Library: 4 - 6 p.m.

EHLS Professional English New Opportunities
English for Heritage Language Speakers
www.ehlsprogram.org
202.355.1537 | info@ehlsprogram.org

New Yorkers march on Albany last June in support of the NYS Climate & Community Protection Act.

energy bill increases, in others it decreases, depending on what you're already paying," he says. "But the increase is often no more than $5 a month, and usually less." And the more people who sign up for clean energy, the more prices will come down.

"We really need people to raise their voices and take direct action," says Oppermann, "and send their dollars to something they believe in and switch to clean energy."

A sample rate

For an apartment in Bed-Stuy, ConEd provides conventional power at 5.89 cents per kilowatt hour. The lowest green energy quote for the same apartment was 8.29 cents/kwh.

Considering plastic surgery?

If you're considering aesthetic surgery,
Manhattan Eye, Ear and Throat Hospital/ Lenox Hill Hospital
invites you to schedule a consultation
with a plastic surgeon in our aesthetic fellowship program.

Facelift • Rhinoplasty (nose job) • Browlift • Eyelid Surgery
Breast Augmentation • Buttock Lift • Tummy Tuck
Liposuction • Laser Rejuvenation • Fillers/neurotoxins

and many more procedures offered at VERY discounted rates.
Find out how affordable cosmetic and plastic surgery can be.

212-605-3741

Manhattan Eye, Ear & Throat Hospital
Northwell Health
210 East 64th street.
Model is not an actual patient.

MANHATTAN
Best Dental Care

Thanks To The High Volume Of Satisfied Patients We Could Reduce Our Prices Again!

A beautiful and healthy smile has never been more affordable **50%OFF**

Interest **Free** Payment Plans From $0 Down

We Are Giving You 10 Reasons To Smile:

Oral Exam, Consultation	**Free**	
Oral Cancer Screening	**Free**	
X-Ray With Teeth Cleaning	**$175**	~~$300~~
Implant With Porcelain Crown	**$1499**	~~$3000~~
Invisalign Clear Braces	**$4999**	~~$7000~~
Zirconia Porcelain Crown	**$700**	~~$1400~~
Zoom Teeth Whitening	**$399**	~~$599~~
Overdentures With Implants	**$4490**	~~$7500~~
Porcelain Veneer	**$700**	~~$1400~~
Root Canal	**$700**	~~$1400~~

80-45 Kew Gardens Rd.
Kew Gardens, NY 11415
(718) 261-2005

Call for **Free** Consultation

1623 3rd Ave., Suite # 204
New York, NY 10128
(212) 722-4088

www.manhattanbestdentalcare.com

THE ROCKEFELLER UNIVERSITY HOSPITAL
CENTER FOR CLINICAL AND TRANSLATIONAL SCIENCE

Do you drink diet soda daily?

Researchers at Rockefeller University are conducting a study to determine whether a common artificial sweetener can change how the body responds to sugar. We plan to see if these changes can be reversed when artificial sweeteners are removed from a daily diet.

You may be eligible if you:

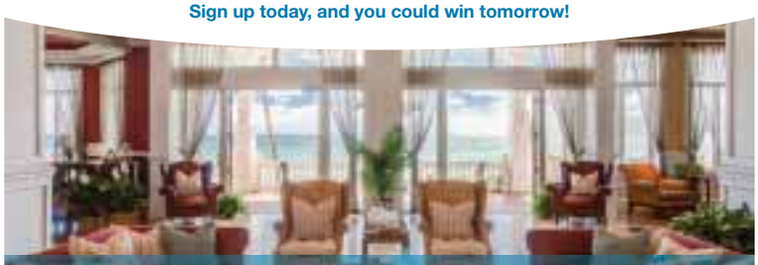
- Consume at least 3 cans of diet soda a day
- Are between the ages of 18–45
- Do not have diabetes
- Do not smoke cigarettes

Participation involves:

- 2 outpatient visits to Rockefeller University
- Blood work
- Compensation

To learn more, contact our recruitment specialist at 1-800-RUCARES or RUCARES@Rockefeller.edu

clubmetro
Sign up today, and you could win tomorrow!



Enter for a chance to win a 5-night stay at
Pelican Grand Beach Resort
in Fort Lauderdale
A $3,323 VALUE
ENTER BY APRIL 30, 2017

Sign up at clubmetro.metro.us for a chance to win:

- Five-night suite style accommodations at Pelican Grand Beach Resort in Fort Lauderdale, Florida including a welcome amenity complete with wine and cheese as well as dinner for two at the waterfront restaurant OCEAN2000
- Round-trip coach class air transportation for the nearest commercial airport to the winner's home to Fort Lauderdale, FL
- A six-day midsize rental car

VISITFLORIDA
Pelican Grand BEACH RESORT

Join clubmetro to get access to our exclusive offers and win great prizes.
clubmetro.metro.us

Understanding autism spectrum disorder

Mount Sinai

ASK MOUNT SINAI

Stay Healthy

You have medical questions? We have answers. Metro is teaming up with the experts at the esteemed Mount Sinai hospital to provide answers to New Yorkers' most pressing medical concerns. Send us an email at askmtsinai@metro.us. We'll select one question and publish an answer every other week.

According to the Centers for Disease Control and Prevention, one of every 68 children born in the United States has autism spectrum disorder (ASD). Though all races, ethnicities and socioeconomic groups are affected by ASD, myths and misunderstandings still persist in media, schools and workplaces — that childhood vaccines are a cause has been disproved, yet the rumor refuses to die. April is World Autism Awareness month, so we spoke with Dr. Joseph Buxbaum, a molecular geneticist and neurobiologist who directs the Seaver Autism Center for Research and Treatment at Mount Sinai Health System, to separate fact from fiction.

What is autism spectrum disorder?
Autism spectrum disorder is a complex developmental disorder affecting brain development. ASD is characterized by difficulties in social interaction, deficits in verbal and nonverbal communication and the presence of restricted or repetitive behaviors, including sensory symptoms. A diagnosis of ASD now encompasses several conditions that previously were diagnosed separately: autistic disorder, pervasive developmental disorder and Asperger syndrome.

The severity and presentation of symptoms vary across individuals. ASD is about four times more common among boys than girls. Due to increased public awareness, improved diagnostic tools and research in this area, more cases are identified and at younger ages. Early diagnosis is important because it can lead to earlier treatment, which research has linked to more positive outcomes.

How is autism diagnosed?
ASD diagnoses are made based on observed behavior, developmental history and autism-specific assessment tools. There is no medical test for autism.

What is the cause of ASD? Vaccines are definitely not linked to it, correct?
There is strong data indicating that genetics are a predominant cause of autism. There are numerous, very compelling epidemiological studies that have clearly disproven any connection between autism and vaccines. One of the primary missions of the Seaver Autism Center is to investigate causes of autism. We take a genetics-first approach to this investigation. We expect there to be about 1,000 genes in the human genome for autism. The Seaver Center is also exploring possible epidemiological causes. A number of studies focus on identifying nongenetic factors that contribute to autism risk, including

VACANCY OPEN
FOR FULL TIME AND PART TIME JOB.
NEW POSITIONS
OPENED FOR CUSTOMER SERVICE / RETAIL / PUBLIC RELATIONS/SALE AND MARKETING
compensation: Hourly Plus an Aggressive Commission Structure!!!!!!

We pride our business on the employees that we have and their ability to use excellent customer service to catapult our business to the top.

Experience is not necessary but any background in the following is a huge plus:

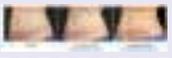
- Customer Service
- Retail
- Sales
- Restaurant
- Marketing
- Advertising
- Public Relations
- Management
- Transport

APPLY TODAY TO SECURE A ONE ON ONE INTERVIEW
EMAIL:- workfulltimeparttime@gmail.com

LASER HAIR REMOVAL
Fast, effective, safe and suitable for all skin types and colors...
www.nylaser.net

LASER HAIR REMOVAL
Permanent hair removal for all skin types
Small Area $50 • Medium Area $75
Large Area $99
WE HAVE 2017 LASERS • FREE CONSULTATION
YAG *DIODE* ALEXANDRITE

COOL SCULPTING
Rid fat in time for summer with just 1 treatment
BUY 1 GET 2ND 50% OFF
Call today for a free consultation



WAX IT OFF

Brazilian $20 | Full Legs $20
Back $20 | Buttocks $20
Chest $20 | Full Body $49
Full Arms $20
Add $5 Per Area For PAINLESS WAX

THERMAGE

To lift sagging eyes	$399
For eye bag reduction	$399
For face or neck tightening	$899
Choose any body part to tighten	$899

Non Surgical • 1 Treatment • No Downtime

spa Soho
Laser, Slimming & Anti Aging Spa

180 7th Ave South Between W. 11th St & Perry St.
212.229.0399 Open 7 Days
CERTIFIED STAFF FREE CONSULTATIONS
Expires 4/1/17

wellbeing

According to the CDC, one of every 68 children in the U.S. has autism spectrum disorder. ISTOCK

planned vs. emergency Caesarean sections and Apgar score at birth, and studying how such factors interact with genetic processes to determine risk for autism.

How is it treated? Are there medications to manage behavior? Can it be managed without medication?
While there is no cure for ASD, specific interventions can make a considerable difference. These interventions should be tailored to each individual's needs, and may include both behavioral and pharmacological interventions. Typically, the first line of treatment is behavioral. Medications can be used to help with associated symptoms such as irritability, anxiety or hyperactivity.

If you are concerned that your child is exhibiting signs of ASD, the first step is a conversation with your child's pediatrician. The American Academy of Pediatrics recommends all children be screened for autism at their 18-month and 24-month checkups. If there are concerns, your pediatrician should refer you to an autism specialist (such as a child psychiatrist or psychologist, developmental pediatrician or pediatric neurologist) for a more extensive evaluation. An evaluation conducted by a multidisciplinary team (including a speech therapist, occupational therapist and physical therapist) may also be beneficial for treatment planning. In addition to an autism-specific evaluation, a hearing test and lead screening should be conducted.

> *"There is strong data indicating that genetics are a predominant cause of autism."*
>
> Dr. Joseph Buxbaum, director of the Seaver Autism Center at Mount Sinai Health System

What are some common misconceptions people have about ASD and people who have it?
That social motivation is lacking. Many individuals with ASD do have a desire for social interaction, but often require support to develop the skills necessary to successfully initiate and maintain social relationships. There are also misconceptions about the cognitive ability of individuals with ASD. Cognitive profiles vary widely across individuals, and uneven skills are common. For example, some individuals with ASD display areas of strength.

What else should people know about ASD?
It is important to keep in mind that despite areas of difficulty, individuals with ASD all present with areas of personal strength. Importantly, people are not defined by their diagnosis. All people with ASD have their own thoughts and feelings, which may be expressed in a variety of ways. Researchers are continually working to understand the underlying biology of ASD and to develop treatments targeting both core and associated symptoms.

For more information, visit seaverautismcenter.org

SHEILA DOUGHERTY

TIME TO BLOOM!
TAKE ADVANTAGE OF OUR BREAST SALE EVER!
• SAFE AND NATURAL LOOKING RESULTS!
• UPSCALE FACILITY
• BOARD CERTIFIED SURGEONS!
$5500
BREAST AUGMENTATION
VALID 4/1/17 - 4/30/17
LEXINGTON PLASTIC SURGEONS
try.lexingtonplasticsurgeons.com/april | 113 E. 59th Street (b/w Park and Lexington Ave)
Call for a Free Consultation. 855-411-1049

So, you probably have HPV

What to know about the most common sexually transmitted infection.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

The most common sexually transmitted infection in the United States often doesn't even have symptoms. ISTOCK

HPV is one of the most mysterious sexually transmitted infections. Although 80 million Americans are infected with human papilloma virus, many don't even know that they have it. That's right, the most common STI in the country often doesn't even have symptoms. And in 90 percent of infected cases, the immune system clears the virus from the body within two years.

A recent study from the National Center for Health Statistics reveals that 42 percent of Americans ages 18 to 59 have HPV. Of that population, roughly 25 percent of men and 20 percent of women are infected with high-risk strains, which are most commonly linked with cervical cancer.

While these new findings shouldn't necessarily alarm you, the prevalence of the virus — and the significant number of high-risk cases — is reason enough to get educated and make sure you're getting screened regularly.

Dr. Grace Lau, assistant professor of obstetrics and gynecology at NYU Langone Medical Center, walked us through the most need-to-know aspects of the most under-the-radar STI.

What is HPV?

HPV is a sexually transmitted virus with over 100 types, or strains, 40 of which are sexually transmitted via oral, vaginal and anal sex. (Other strains cause hand and feet warts, and while those might look scary, they're benign.) Although the virus doesn't manifest any visible symptoms, except in the case of genital warts, it's extremely contagious, with any sexually active person susceptible to it, according to the Centers for Disease Control and Prevention. Unlike with other STIs, wearing a condom doesn't fully protect you, as exposed skin surrounding the condom can still spread it, Lau notes.

High-risk vs. low-risk HPV

The myriad strains of the virus are categorized high-risk and low-risk, indicating how likely they are to develop into cervical cancer. The strains HPV-16 and HPV-18 are responsible for 70 percent of cases of cervical cancer, whereas strains HPV-6 and HPV-11, while linked to 90 percent of cases of genital warts, have a much lower likelihood of causing cancer.

How do you get tested for it?

It depends on your age and sex. Guidelines from the American Society for Colposcopy and Cervical Pathology advise that women in their 20s get pap smears every three years, and from age 30 to 65, every five years. While 20-something women are not specifically tested for HPV, the pap smears can detect abnormal cervical cells, after which your doctor can assess next steps. Women age 30 and older receive an HPV test in conjunction with the pap smear, which tests for 14 of the most common high-risk strains.

A doctor administers the HPV vaccine. GETTY IMAGES

Not-so-fun fact: Although men are just as likely to contract HPV as women — and just as likely to pass it to a sexual partner — there is no HPV test for men. This is because statistics of men developing anal, penile or oropharyngeal (throat) cancers from HPV are extremely low. According to Lau, with increased research on HPV, testing for men might — and should — become an option. "[For men] knowing your status and whether this is something you could transmit to your sexual partner could be helpful," she says.

How do you prevent it?

The best way to prevent HPV is to get vaccinated against it at a young age. The three FDA-approved vaccines approved for females ages 9 to 26 — Gardasil, Gardasil-9 and Cervarix — prevent infections caused by HPV-16 and HPV-18, the high-risk strains that have been linked to 70 percent of cervical cancer cases. While the vaccines may provide some preventative benefit in adults older than 26 — although insurance is less likely to cover it — they are most effective when administered to kids around age 11 or 12, before they're sexually active and are less likely to have been exposed to the virus.

How do you treat it?

While most incidences of HPV clear up on their own, for persistent cases there are a few options. Genital warts are often treated with prescription gels or removal via cryotherapy (freezing) electrocauterization (burning) lasers or surgery.

In the case of an abnormal pap smear or detection of high-risk HPV, a patient is advised to return for a colposcopy, a procedure that examines the cervix and then biopsies tissue to evaluate any potential precancerous changes in the cells. This can follow with a LEEP procedure — loop electrosurgical excision procedure — which removes the abnormal cells and is 90 percent effective, according to Planned Parenthood.

What you can do

Aside from getting screened regularly and keeping up on new research, you likely don't need to spend much time fretting over HPV. "You have to live your life," says Lau. "Because the reality is HPV is prevalent, but being educated about what that means and following through with your doctor to make sure if you have an infection it clears is the most important thing."

THE ROCKEFELLER UNIVERSITY HOSPITAL
CENTER FOR CLINICAL AND TRANSLATIONAL SCIENCE

Do you have trouble recognizing familiar faces?

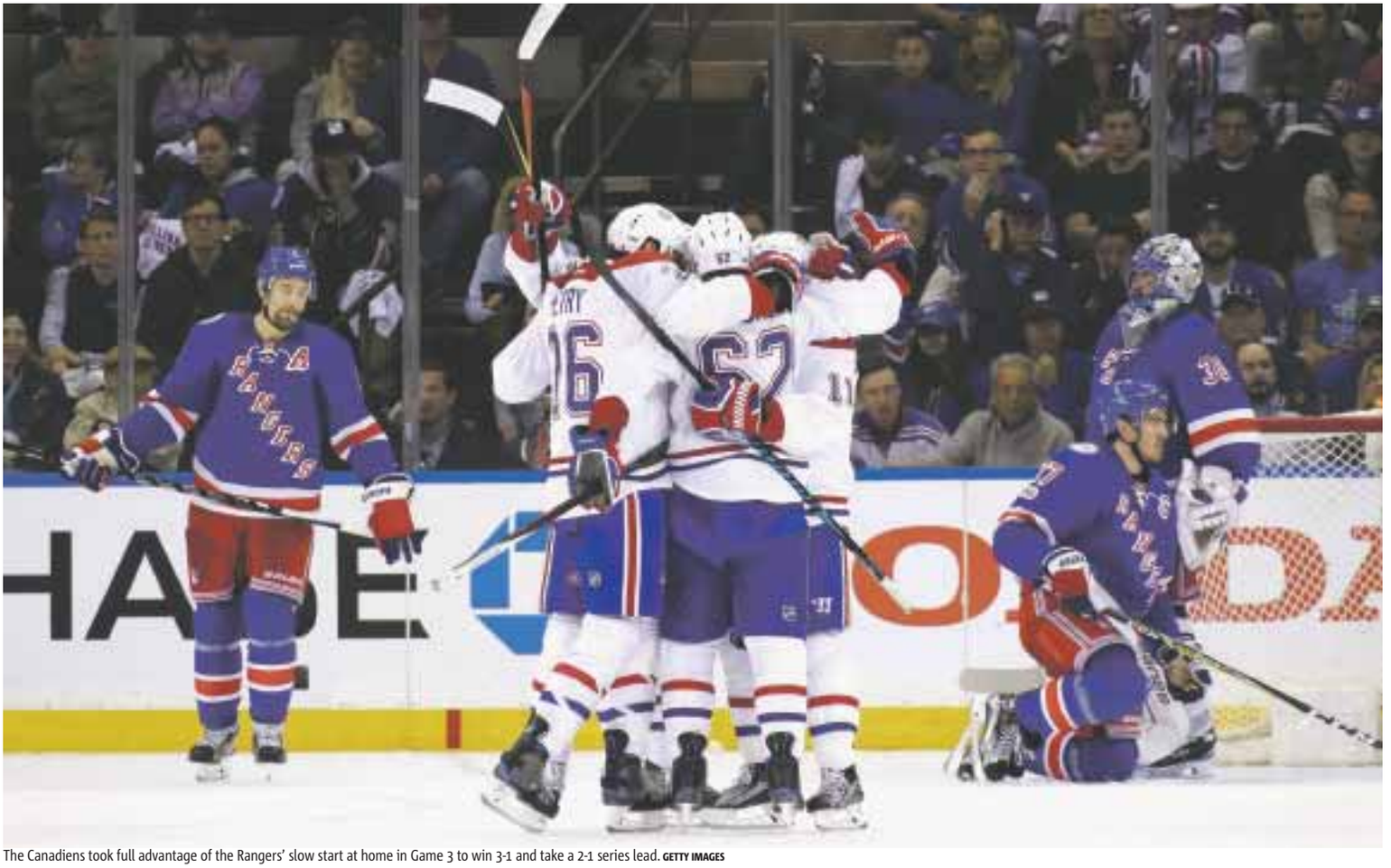
Researchers are conducting a study to better understand prosopagnosia, a disorder in which a person experiences difficulty recognizing faces.

You may be eligible if you:
> Have difficulty recognizing familiar faces
> Have a family member who has difficulty recognizing familiar faces
> Do not have a history of stroke or brain tumor

Participation includes:
> Part I: Online tests
> Part II (for eligible participants): Saliva sample (mail-in)
> Part II includes compensation

No visits required!

To learn more, contact our Recruitment Specialist at 1-800-RUCARES or email us at RUCARES@Rockefeller.edu



The Canadiens took full advantage of the Rangers' slow start at home in Game 3 to win 3-1 and take a 2-1 series lead. GETTY IMAGES

Rangers must put forth better home effort to keep season alive

A six-game home losing streak in playoffs has Rangers looking for answers ahead of Game 4.

JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

Home is usually where the heart is, unless you are the New York Rangers.

Sunday night's 3-1 Game 3 loss to the Montreal Canadiens was the Blueshirts' sixth-consecutive home playoff loss at Madison Square Garden dating back to the 2014-15 postseason.

Their last victory came in Game 1 of the 2015 Eastern Conference Finals against the Tampa Bay Lightning, which was a series they lost in seven games.

Over those six losses — which included three to Tampa Bay, two to the eventual Stanley Cup champion Pittsburgh Penguins in the first round last year and Sunday night against Montreal — the Rangers offense has been nonexistent having been outscored 21-4.

Goaltender Henrik Lundqvist, who has carried the Rangers at times throughout his postseason career, has not been his usual stellar self during that stretch either with a .873 save percentage.

"We have to give more at home in the playoffs or we aren't going to win," Lundqvist said after Game 3. "We need more. It's as simple as that."

No one was exempt from his criticism either.

"Every little detail matters," Lundqvist said. "Every play … We're going to need our best."

It has left head coach Alain Vigneault and his team facing a 2-1 series deficit ahead of Tuesday night's Game 4 at Madison Square Garden and frustration has slowly crept into the New York locker room.

"There's no doubt in my mind that this group of players wants to do well in front of their fans," Vigneault said. "Right now, we're fighting it without a doubt. That should be evident."

Right-winger Rick Nash certainly felt it.

"Yeah [I feel frustrated]," he said. "I mean, any time you're not having success and you're getting chances and opportunities, there's definitely some frustration."

Center Derek Stepan acknowledged that struggle as well.

"We can't let it happen," he said. "Just can't have any panic in your game."

It was clear that there was something off about the Rangers' play during Game 3. Despite having the home crowd behind them, New York looked hesitant to attack the Montreal goal and passed up a number of shot opportunities.

The lack of aggression saw the Rangers record just six shots apiece in the first and second periods. They tallied just 21 shots all game, making Canadiens goalie Carey Price's job far easier than Lundqvist's.

> *"We have to give more at home in the playoffs."*
>
> Rangers goaltender Henrik Lundqvist

Through the opening three games of the series, Lundqvist has already faced 29 more shots than Price, which is an entire game's worth.

There have been plenty of chances for the Rangers to bombard the Montreal net too, especially on the man advantage. However, that tentative play has left the Rangers snakebitten and 0-for-10 on the power play so far this series.

"We don't get a lot of shots. A lot of one and dones," defenseman and captain Ryan McDonagh said. "We're not making passes in the offensive zone, just making hope plays."

Vigneault honed in on his best players and laid some of the blame on them.

"At this time, right now, our fourth line is our best line," Vigneault said. "So our top players need to find their game and they obviously don't have it right now."

The Rangers did indeed feed off the energy exhibited by the fourth line. Center Oscar Lindberg had New York's best chance in the first period on Sunday when his wrister hit the post while Tanner Glass and Jesper Fast provided a high-intensity style of play during their limited time on the ice.

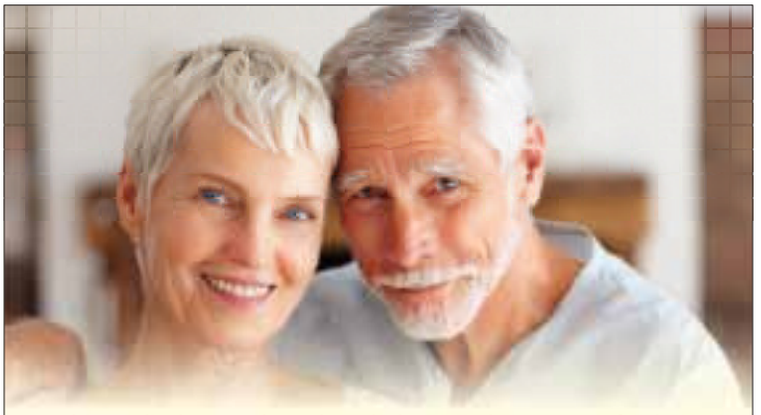
New York's first line of Chris Kreider, Stepan and Mats Zuccarello have accounted for just one goal through the first three games of the series. Third-line winger Michael Grabner already has two.

At the end of the day though, it's only a one-game deficit for now. A strong showing on Tuesday night can rectify any reservations surrounding the team and allow them to seize momentum for their trip back to Montreal for Game 5.

"This is the playoffs," Nash said. "You have to figure out what you're doing wrong and get over it."

MEDICAL RESEARCH

To advertise, call Peter Blankenstein at 212-457-7751
or email peter.blankenstein@metro.us



This medical research study includes an in-house stay of 3 days/ 2 nights and 6 outpatient visits, 1 phone call and 1 follow up visit.

You may be compensated for your travel and related expenses up to $2,350 for your participation in the study.

You must be:

- Healthy male or female 65 years and above with a BMI between 18 and 30 kg/m^2.
- Non-smoker or ex-smoker for 6 months or longer.

Refer a friend or family member who is 65 years or above and you can earn a referral bonus of $200

Need more info?
Call recruitment at
(844) 246-8459

No time to talk?
Email recruitment@biotrial.com
or register online at
www.biotrial.com

- Biotrial is located at 130 Norfolk Street Newark, NJ with easy access to NJ Transit Norfolk Street light rail station.

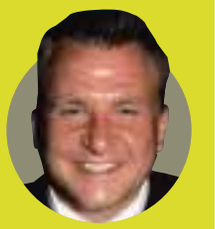
Biotrial

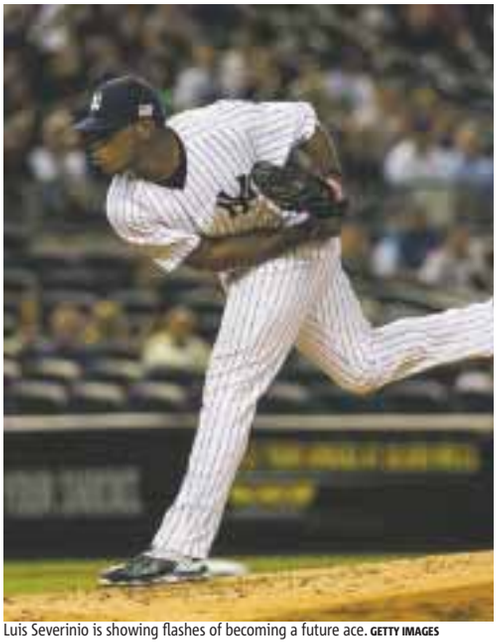
THE FUTURE IS NOW FOR LUIS SEVERINO AND THE YANKEES

MARC MALUSIS

OPINION

Marc Malusis is a columnist for Metro New York and a host on WFAN and CBS Sports Radio. @marcmalusis





Luis Severinio is showing flashes of becoming a future ace. GETTY IMAGES

He carries the weight of the future of the Yankees pitching staff on his shoulders.

Can you imagine carrying that kind of pressure? He can't think about it on a daily basis because it's likely that he puts enough pressure on himself just to establish himself as a starter.

The young pitcher that I speak of is Luis Severino, who probably ponders his own mortality as a Yankees starting pitcher more than anything else.

Last week was a good sign as he looked like a completely different pitcher on Thursday night in the Bronx during a 3-2 win over the Rays.

On the same day the Yankees announced that former first-round pick and top pitching prospect James Kaprielian will undergo Tommy John surgery, Severino might have given Yankees fans a breakthrough performance. All of his pitches were working: the electric fastball, the slider and even the change-up, which has been a work in progress.

He struck out 11 Rays, which is a career-high for the 23-year-old right-hander, over seven innings while allowing just a pair of runs. It was an enormous comeback from a nightmarish 2016 season in which he went 3-8 with a 5.83 ERA.

Severino pitched well during the spring down in Tampa and showed better fastball command and an improved change-up. He was not dominant but good enough to earn a spot in the Yankees starting rotation.

The team's message to him was pretty clear: It is now or never. It is time to take the ball as a starter and run with it.

Put that message from the Yankees to Severino in all caps, underline it and put it in bold because now more than ever, the Yankees need Severino to become the pitcher they envisioned that he could be.

The Yankees are loaded with young position-player talent, but the list is much shorter when it comes to power arms and starting pitching.

Kaprielian is now lost for a significant amount of time with major elbow surgery, which many believe takes two full years to come all the way back from. Chance Adams has gotten off to a good start at double-A Trenton but showed a touch of wildness in Tampa during spring training. There is also Justus Sheffield, acquired in the Andrew Miller trade from the Indians, but he is probably two years away.

So, that brings us to the cold hard reality that Severino might be the most important Yankees prospect of the entire bunch because the team doesn't have much else.

He looked like that young dominant starter on Thursday and we certainly know the look in this town after seeing all the unveilings in Flushing.

NYSPI IRB Approved

Are you worried about your own memory or the memory of a loved one? Is there a history of Dementia or Alzheimer's Disease in your family?

This is a research study for individuals **age 55-95** with memory complaints to see if one's sense of smell can predict response to memory treatment.

If eligible, participants receive:

- Medical evaluation
- 1 year of treatment for memory deficits
- Memory/cognitive performance monitoring by experts
- Sense of smell testing
- Monetary compensation

If interested, please call
(646) 774-7204 *or* **(646) 774-7202**

The study is conducted at New York State Psychiatric Institute/Columbia University Medical Center and is funded by a research grant from the National Institute of Health.

Columbia University Medical Center
Discover. Educate. Care. Lead.

Are you or a loved one suffering from Alzheimer's disease?

NYSPI IRB Approved

Free Treatment for individuals ages 55-95 with Alzheimer's disease who have symptoms of Agitation or Aggression

In this research study, eligible participants will receive free:
Medical evaluation
Monitoring of memory and other intellectual functions
12 weeks of study treatment with subsequent follow up

A caregiver needs to be involved during the research study period

If interested, please call (646) 774-8668

The study is conducted at New York State Psychiatric Institute/Columbia University Medical Center and is funded by the National Institute of Health.

Columbia University Medical Center

MEDICAL RESEARCH

To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us

Sleep Education Study Research Volunteers

We are looking for volunteers (18 years or older) who self-identify as African American for a study on identifying different ways to help individuals, families, and communities learn about sleep.

- Volunteers will be screened for sleep apnea risk which will then determine eligibility.
- Participants will be asked to fill out questionnaires and use sleep education materials
- Volunteers will receive compensation for completing each part of the study.

For more information, please call: **646-501-2677**

NYU School of Medicine

Weill Cornell Medicine Research Study:

Have you been experiencing symptoms associated with overactive bladder?

- Are you female?
- Are you over 18 years old?
- Do you run to the bathroom often?

If yes, you may be eligible to participate in a clinical research trial!

Our study seeks to evaluate the effectiveness of a natural supplement for alleviating overactive bladder symptoms in women.

Compensation for completion of the study is $300.

If you are interested in participating or want to learn more about this study, please contact our study coordinator:

(646)962-9395 or **dot2007@med.cornell.edu**

WCMC protocol # 1506016303

LEGAL SERVICES

To advertise, call Thomas Franke at 212-457-7840 or email thomas.franke@metro.us

BANKRUPTCY ATTORNEY

Bankruptcy Only • Specializing in Chapter 7 • Low Fee
One Fee for All • Installments
Personal Attention • Free Consultation

Jay Simon • 718.222.4619

32 Court Street, Suite 805, Brooklyn

Fresh Start with Heart

BANKRUPTCY

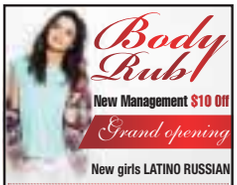
917-783-0906

GET RID OF UNWANTED DEBT

LAW OFFICES OF HOWARD WARNER
116 W 23rd Street, 5th Fl., NYC, NY
136-17 39th Ave, Flushing

SPA & MASSAGE

To advertise with Metro, email peter.blankenstein@metro.us



Body Rub

New Management $10 Off

Grand opening

New girls LATINO RUSSIAN

240W 15 St Bet 7 to 8 Avenue, Manhattan
Open 7 days | Time 12 to 10.30pm
Tel 212-727-7458

JOBS

General Help Wanted

HOME HELPER WANTED

HHA FOR GREATER PAY!

Without HHA? You can still help elderly friends & family members for great pay!

646-799-6062

646-660-0530

or visit us at: 110 West 34th St. Suite 1207 Manhattan, M-F, 10-5

The Volunteer Referral Center & Bellevue Hospital Center invite you to learn about

Volunteer Opportunities in Healthcare

Use your career skills or develop new ones to make a difference in a healthcare setting

Date: Thursday, April 27, 2017
Time: 3:00pm - 6:00pm
Location: Bellevue Hospital Center
Saul Farber Auditorium
27th Street and First Avenue

ADMISSION IS FREE!

RSVP to reserve your place
212 889-4805 or info@volunteer-referral.org

CAREER TRAINING

Access Careers, Brooklyn
Are You HHA? Upgrade to CNA/PCT!!!

- Home Health Aide
- Nurse Aide (CNA)
- EKG & Phlebotomy
- Patient Care Tech
- Physical Therapy Aide
- Medical Assistant
- Medical Bill & Coding

Call Now: 866-487-5432
25 Elm Place, # 201, Brooklyn, NY 11201

- Licensed by NYSED.
- Onsite State & National Examination.
- Easy weekly Payment Plan.

HHA/CNA Training NYSED

Slow learner? Long time out of school? Job Placement Assistance $14.09/per hr
All benefits included
Call #718.349.8003

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

CAREER TRAINING

JOBS

We Train & Place!
Call: 718-263-0750

- PCT • HHA • CNA
- MED Billing/Coding
- M.A • Pharmacy Tech
- EKG/Phlebotomy Tech
- Fashion Designing
- Media concepts: Audio • Video
- Solar Tech
- SAP

US Vets Call Now

FREE TRAINING IF QUALIFIED
STUDENTS VISAS @ LOW COST
On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

PEST CONTROL SCHOOL & SERVICES

6/9 DAYS/N.Y. STATE APPROVED, CERTIFICATION & RECERTIFICATION IN BED BUGS, TERMITES, STRUCTURAL, FOOD PROCESSING & LANDSCAPING

BEDBUG SPECIALISTS JOB ASSISTANCE/BUSINESS

1(800) 220-5494 or (718) 205-0557

pestcontrolschoolny.com | pestmanagementsciences@yahoo.com
Call or Text #917.653.0319

REAL ESTATE

100's Available, All Boroughs

Private Entry Bath Cooking
1 Person/2 Person $125wk/up room rentals
Studios $900/up
212-682-0108

Manhattan & Bronx Rooms

Private rooms in apt. Fully equipped. Start 150 wifi/cable included.
Move same day! • (212) 862-0030

Rooms for Rent

All Manhattan/Bronx

Furnished Rooms For Rent! Cable/Internet Ready! Move In Today! All utilities Inc. Starting Just $150/wk.
Call Us Now:(212)368-2685

metro CLASSIFIEDS
To place an ad call 866-900-9473

LEGAL NOTICES

New Millennium Bank
Notice of Application
For A Branch Office

Notice is hereby given that New Millennium Bank, at 222 Bruce Reynold Blvd, 4th Floor, Fort Lee, Bergen County NJ 07024, intends to file an application for FDIC consent to establish a branch at 312 5th Avenue, 3rd floor, New York, New York County, New York.

Any person wishing to comment on this application may file his or her comments in writing with the Regional Director of the Federal Deposit Insurance Corporation at its Regional Office, 350 Fifth Avenue, New York, New York 10118, not later than 15 days from the date of this publication, or May 3, 2017. The non-confidential portions of the application are on file in the Regional Office and are available for public inspection during regular business hours. Photocopies of the non-confidential portion of the application file will be made available upon request.

A schedule of charges for such copies can be obtained from the Regional Office.

NOTICE IS HEREBY GIVEN that a license Number 1301386, for Tavern Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Bar/Tavern under the Alcoholic Beverage Control Law at 49-16 Vernon Blvd., Long Island City, NY 11101, for on-premises consumption. Vernon City Light Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1299122, for Eating Place Beer has been applied for by the undersigned to sell Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 1159 1st Ave., New York, NY 10065, for on premise consumption. Milk and Hops 3 Inc.

LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT COUNTY OF QUEENS OCWEN LOAN SERVICING, LLC, Plaintiff against ASDRUBAL ORTIZ A/K/A ASDRUBAL R. ORTIZ, et al Defendant(s) Pursuant to a Judgment of Foreclosure and Sale entered on September 12, 2016. I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Boulevard, Courtroom # 25, Jamaica, N.Y. on May 05, 2017 at 10:00 a.m., Premises described as follows: All that certain plot, piece or parcel of land, lying and being in the City and State of New York. Said premises known as 5329 Woodside Avenue, Woodside, NY 11377. (Block: 1224, Lot: 2). Approximate amount of lien $865,772.48 plus interest and costs. Premises will be sold subject to provisions of filed judgment and terms of sale. Index No. 20923-10 Mitchell Kaufman, Esq., Referee. McCabe, Weisberg & Conway, P.C. Attorney(s) for Plaintiff 145 Huguenot Street, Suite 210 New Rochelle, NY 10801 914-636-8900

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license Number 1301330, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 38040 Bell Blvd., Bayside, NY 11361, for on-premises consumption. B1 Industries Corp.

NOTICE IS HEREBY GIVEN that a license Number 1301458, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 34-40 Union Street, Flushing, NY 11355, for on-premises consumption. Chaofang NY Inc.

ITEMS WANTED

Absolute Yes! SAME DAY
!CASH PAID!
$45 AcuChek 100/Smartview100
888-415-0796 instant!
for Diabetic Test Strips
224 w 116 st, M-F, 2-4 p
or mail in B,C,2,3 trains

metroCLASSIFIEDS
To place an ad call 866-900-9473

PSYCHICS

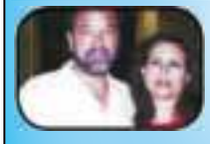
SPIRITUAL HEALER ANNA

Finally there is a born gifted healer you can trust...

She has over 40 yrs exp. She will know the causes of your problems without asking any questions & knows how to solve them, reveal names of enemies, reunite lovers, stops divorce, cure sickness, help childless couples, bring success to business, jobs, exams, etc.

If Anna cannot help you no one can! She is superior to all others. She is one of the only certified Spiritual healers.

Reading by Phone First Reading Free



MARRIED COUPLE
Someone had wished I wouldn't marry the man I love... Thanks to Anna we are now happily married!

FAMILY
We have been married for six years and had no children. Thanks to Anna we now have two healthy kids.

HUSBAND & WIFE
Our business was failing, we had no hope until my husband called Anna for help. A few days later we started to see amazing results!

347-368-2424

metroCLASSIFIEDS

To place an ad call
866-900-9473
or visit us at
www.metro.us

DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

PSYCHICS

Sheikh Fode

International Spiritual Healer and Clairvoyant

With 40 years of experience, inherited through family with reputation of helping people all over the world. I can solve your problems in the quickest way! Are you suffering from evil influences, blockages, unknown diseases or unhappy situations that you cannot get out of it? If so, then contact Sheikh Fode. Problems Solved in 7 Nights!

100% guaranteed!

Call now #347-798-7742
Manhattan, NYC

MOST POWERFUL AFRICAN PSYCHIC

Mr. KALLO
LOVE GURU

39 Years Experienced LOVE EXPERT

I BRING BACK LOVED ONES
ONE VISIT & YOU WILL SEE RESULTS.
I NEVER LOOSE ANY CASE

I can Help you in Problems: Marriage, Court case, Business, Depression, Bond Families, Stop Divorce, Stress Removal, Bad Luck, Evil eyes, Jadoo & Negative Energy

NO MORE PAIN, NO MORE DISSAPPOINTMENT, MEET LOVE MASTER TODAY & GET SOLUTIONS

347-271-3493, 917-946-4662

PROFESSOR ABU SALAM

MYSTICAL AFRICAN ADVISOR& HEALER.
20 YEARS OF EXPERIENCE COMBINED ANCESTORS POWERS & BLACK MAGIC.

CAN HELP YOU SOLVING ALL YOUR ISSUES EVEN THE MOST DIFFICULT ONE.

LOVE SPECIALIST: RETURN OF LOVED ONE IN THE QUICKEST WAY
EVEN HOPELESS CASE
BLACK MAGIC: RELEASE FROM SPELL, MYSTICAL ABUSE, PROTECTION, GOOD& BAD LUCK, FAMILY ISSUES, COURT & EXAM, FINANCES & CAREER, GAMBLING, SEXUAL POWDER ETC...

7 DAYS RESULTS. BY APPT ONLY.
Call 917 595 9916
116 St MANHATTAN NY
WWW.PSYCHICSALAM.COM

SHEIKH MANSOUR

INTERNATIONAL SPIRITUAL HEALER WITH BORN GIFTED POWER AND EXPERIENCE

Super natural gifted man who helps both internal & external matters in marriage, love, court, business, luck, gambling, protection, returning love one back.

EXPERT IN ALL OCCULTIST HUMAN PROBLEMS.
ONLY ONE VISIT WILL LEAD YOU TO THE RIGHT PATH!
CALL NOW FOR JOY!
RESULTS IN A FEW DAYS
GUARANTEED 100%
Call 347-261-0226

Mr. SAIDOU

International Spiritualist Medium & Psychic Over 40 yrs exp. Bring back loved ones in the Quickest Way, Stop Infidelity, Business Success, Exams & Career, Black Magic Specialist, Clear Negativity, Bad Luck, Protection, Sexual Problems etc. Results in 7 Days Guaranteed.

Call 516-206-8543 and 646-339-9948
www.spiritualsaidou.com
132nd Street, 7th Ave., Manhattan, NY

POWERFUL AFRICAN SPIRITUAL READER

Highly gifted & powerful spiritual healer fluent in English & French All matter of life issues, personal growth guidance & clarity in finance, love, career, black magic specializing in removing evil spirits, voodoo, jaadoo, bring back loved ones, protection guaranteed. Quick Results. 100% Guaranteed.

One Call, One Visit Will Change Your Life
CALL MR TASLIMY AND GET HELP
917-385-9382
www.taslimyadvisor.com

ASTROLOGER & SPIRITUAL HEALER GOVINDA SWAMY

PERMANENT SOLUTIONS TO ALL YOUR PROBLEMS LIKE
BLACK MAGIC . EVIL SPIRITS . JAADOO . VOODOO
WITCHCRAFT . OBEAH . EVIL EYE POWER . CURSE
JEALOUSY . HEALTH . LOVE . MARRIAGE . JOB
LOTTERY . FAMILY PROB . MONEY . EDUCATION
COURT CASE . SEXUAL PROB. CHILDREN PROB etc.
EVERY PROBLEM HAS A SOLUTION,
DON'T HESITATE TAKE GURUJI'S HELP
ALL RELIGIONS WELCOME
ONE PHONE CALL CAN CHANGE YOUR LIFE. CALL NOW

718-530-8905

MR. HABIB SPIRITUALIST

Specialist in love, relationships, family problems, business, exams, career, jobs, Court case, bad luck, black magic, protection and more...Very Rapid Results

Located in Brooklyn

Call now
646-361-6440 or
646-764-6939
24 Hours Results
100% Guaranteed

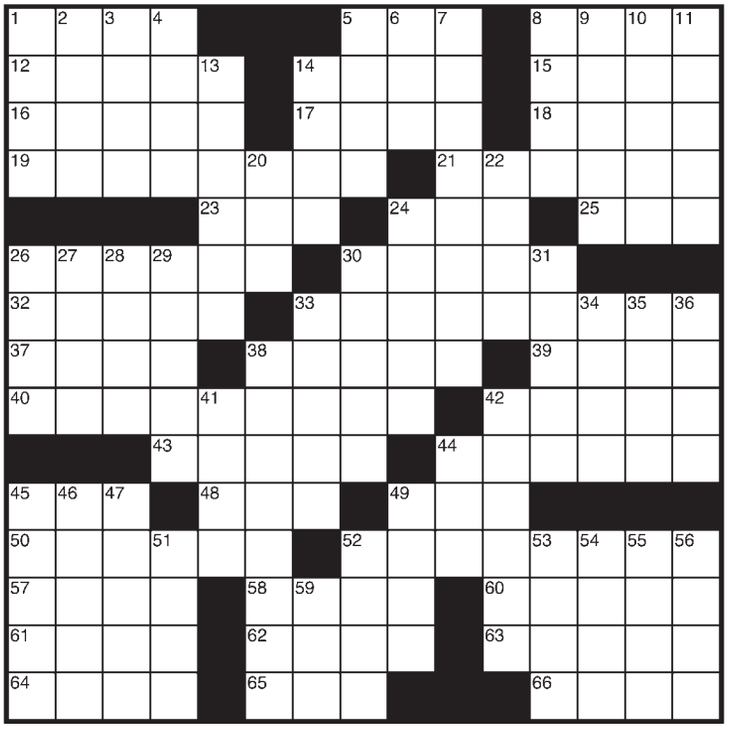
PLAY OUR NEWS QUIZ, WIN $100! (see page 2)

metro.us/games

metro.us/crossword

Across
1 Did in the dragon
5 -- au vin
8 Cockamamie
12 Archer of note
14 Soybean product
15 Qatar ruler
16 Wonderland girl
17 Stereo system (hyph.)
18 What Ali stung like (2 wds.)
19 Put to bed (2 wds.)
21 By a whisker
23 Slumber-party attire
24 "NOVA" network
25 Country rtes.
26 Heavy rainfalls
30 Edgar -- Poe
32 Man-made fiber
33 Jealous (hyph.)
37 Afrikaner
38 Poet's adverb
39 Wizened
40 Jogger's wear
42 Wood finish
43 Ridge between faults
44 After-dinner chore
45 -- Mahal
48 -- -di-dah
49 Garnet or ruby
50 Did not resist
52 As if in a reverie
57 Botanist's wings
58 Gossip tidbit
60 River in France
61 Funny Nora --
62 -- de plume
63 Funny bone
64 Gets the picture
65 Earth, in combos
66 Spyglass part

Down
1 "Out, cat!"
2 Dilly
3 Spectacular
4 Candle part
5 Kind of purse
6 Switch position
7 Nitpicker
8 Diary opener
9 Fossil resin
10 Pasture
11 Low cards
13 Keep digging
14 Closer than that
20 LP spinners
22 Wise-owl link
24 Beseech
26 Is grief-stricken
27 Stern opposite
28 Nautical position
29 Rabbi's reading
30 "You -- serious!"
31 Robins' domiciles
33 Grind, as teeth
34 Slangy OK
35 A Great Lake
36 Lairs
38 Causing a blister
41 Enameled metal
42 Metaphor kin
44 Some, to Pierre
45 Warty critters
46 "Devil With -- -- Dress On"
47 Dixon of astrology
49 Junk food buys
51 Longings
52 Office note
53 Ex-NFL coach Chuck --
54 Taunt
55 Hubbard of sci-fi
56 Somber evergreens
59 "Little piggie"



metro.us/sudoku

easy

	4	7						2
			3	6			7	8
		6	9			4		
		5			1		3	
3			2	5	7			1
	1		6			7		
		8			9	5		
4	9			3	6			
1						6	4	

hard

		5		2	6			9
	9		7				1	
			3	8		4		
2	3	4						1
	6						3	
9						6	2	7
		9		3	2			
	2				1		4	
3			5	7		2		

metro.us/horoscopes

Aries Don't let what others do tempt you. You are best off doing your own thing. A problem you have with whoever is in charge is best kept to yourself.

Taurus Learn all you can and apply it to what you are trying to accomplish. Put one foot in front of the other and keep moving until you reach your destination.

Gemini Don't let people get you down or take away from what you are trying to accomplish. If someone makes it difficult for you to function, reconsider the relationship.

Cancer Use common sense and exercise caution when dealing with someone showing signs of inconsistency. Keep a close watch on extravagance in others and yourself.

Leo Emotional situations will surface at work if you or a colleague is impulsive or unrealistic. Think before you act or respond.

Virgo Spending time with someone who could provide knowledge and insight into something you want to pursue will pay off. Look over personal contracts.

Libra Put your time and energy into positive pursuits. You'll make progress if you stay focused and dedicated. Finishing what you start will help you avoid criticism.

Scorpio Personal alterations can lead to gains if you are passionate about the changes you enact. Don't rely on someone else to take care of your responsibilities.

Sagittarius Think twice before you do or say something you'll regret. Concentrate on making personal changes instead of trying to change others.

Capricorn Question anyone trying to force through a plan without offering sufficient grounds for doing so. It's your right to know facts and figures before you get involved.

Aquarius You'll end up spending more if you haven't taken care of your personal investments or taxes. Dealing with institutions and government agencies will require finesse.

Pisces Explain what you want and what you expect. Being evasive will not help you get ahead. Show your ability to adapt, understand and take charge. EUGENIA LAST

Yesterday's answers

D	U	E	T	S	■	J	A	N	E	■	W	H	A	T
E	P	C	O	T	■	E	N	Y	A	■	R	O	M	E
A	T	R	I	A	■	L	I	E	U	■	E	R	O	S
F	O	U	L	B	A	L	L	■	■	H	A	I	K	S
■	■	■	■	L	B	S	■	F	R	I	T	Z	■	■
Y	I	P	P	E	E	■	B	A	C	K	H	O	E	■
A	H	E	A	D	■	C	A	R	P	E	■	N	T	H
K	E	R	R	■	A	L	L	O	T	■	E	T	U	I
S	A	P	■	B	L	O	K	E	■	B	L	A	D	E
■	R	E	G	R	E	S	S	■	T	A	L	L	E	R
■	■	T	R	A	C	E	■	C	A	N	■	■	■	■
M	O	R	A	Y	■	■	O	U	T	D	O	I	N	G
E	B	A	Y	■	M	G	R	S	■	I	N	D	I	A
L	I	T	E	■	A	R	C	H	■	T	I	L	L	S
D	E	E	R	■	X	R	A	Y	■	S	T	E	E	P

Can't wait until tomorrow to check your answers? Visit **metro.us**

As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • **Metro New York** 120 Broadway, New York, NY 10271 • **main** 212-457-7790 • **to advertise** 212-457-7735 • **Press releases** pressrelease@metro.us • **sales fax** 212-952-1505 • **Associate Publisher** Ed Abrams • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** advertising@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Editor in Chief** Aleksander Korab, aleksander.korab@metro.us • **Site Director** Linnea Zielinski, linnea.zielinski@metro.us • **Senior Editor** Gary Kane, gary.kane@metro.us • **Art Director** Julianne Aerts, julianne.aerts@metro.us • **National Features Editor/Style Editor** Tina Chadha, tina.chadha@metro.us • **Film Editor** Matt Prigge, matt.prigge@metro.us • **Going Out Editor** Eva Kis, eva.kis@metro.us • **National Music Editor** rachel.raczka@metro.us • **National Sports Editor** Matt Burke, matt.burke@metro.us • **Head of Production** Matt Prowell, matt.prowell@metro.us

Certified Audit CAC of Circulations

UP TO 75% OFF FLOOR MODELS

FURNITURE MIX
WWW.FURNITUREMIX.COM

$399 SOFA BED

SPACE SAVER
Central Wall Beds • Sofa Beds
Dual Use Tables And Much More!

109 West 25th Street, New York, NY 10001
Tel: 1 (646) 861-3965